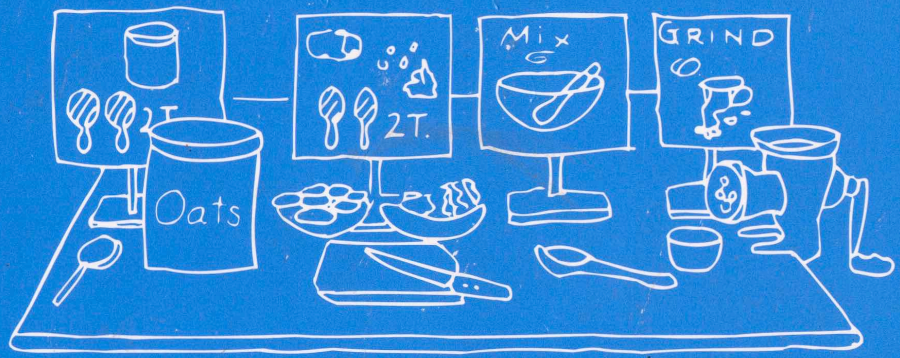
NUTRITIOUS FOODS FROM VARIOUS CULTURES

COOK AND LEARN

PICTORIAL SINGLE PORTION RECIPES



A CHILD'S COOK BOOK

PREFACE

Cook And Learn is a cookbook for you and your children to enjoy together. The recipes are for single portions, and they are all presented through pictures. The recipes make use of a variety of nutritious foods from various cultures.

Please read both the Introduction, which shows how single portion cooking can make learning happen, and the Information Section starting on page 189 before using the book. When items are marked * throughout the book, refer to the Information Section for helpful suggestions.

This book started in 1972 as a mimeographed edition of 14 recipes for a mother's workshop on cooking with children at home. With each new printing it has grown and will continue to grow based on your experiences, so we welcome your responses to our recipes and ideas. Tell us, too, about activities you have found useful as extensions of the recipes in the book.

Beverly Veitch Thelma Harms

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SETTING UP

Pick a separate place so that the child's cooking can go on without disrupting other activities.

Work with only a few children at a time.

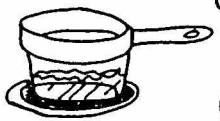
Use a waiting list, posted at the child's eye level, for taking turns.

Set up for preparation, cooking, and eating on separate tables.

Leave enough time for each child to move systematically from preparation through clean-up.

You can have all the utensils and ingredients for a cooking project ready in a box, in case a volunteer drops in unexpectedly.

SAFETY PRECAUTIONS



Use see-through pots and pans so children can see food cooking without danger of burns.

A hand rest card reminds the child to lean on the "other hand" far from the hot pan while he or she is turning the pancake.

Try out small paring knives the children will be using before you introduce them at school. Are they sharp enough? Is the knife balance good? Be especially careful with serrated edged knives.

Help focus the child's attention on cutting by providing him or her with a small cutting board.

Show child how to use a knife ~ "Which is the sharp edge? Saw back and forth instead of chopping."

Remind child to keep fingers of the "other hand" as far from the knife as possible.

Cut round vegetables lengthwise yourself to give the child a flat cutting surface.

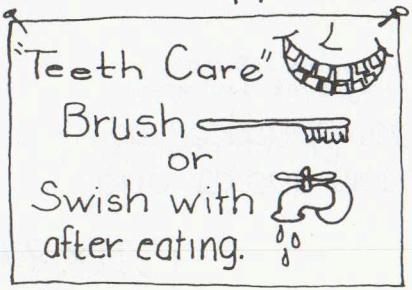
HEALTH PROTECTION

Provide a hand washing card as a reminder to wash hands before cooking.

Differentiate between eating and serving utensils by color coding—"The red spoon is for serving. Only the white spoon can go in your mouth."

You can cut down on dish washing by using paper cups for mixing, folded paper towels for plates, and other disposables.

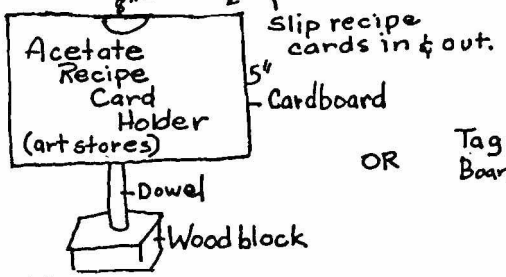
Remember to give reusable utensils a hot, soapy wash and rinse after use.



PRESENTING PICTORIAL RECIPES

- Enlarge each of the pictures to 5"x8" or 8"x11".+

p.XII



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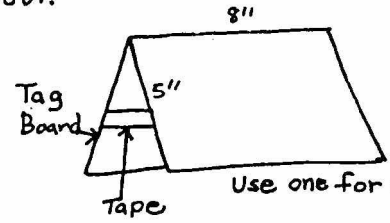
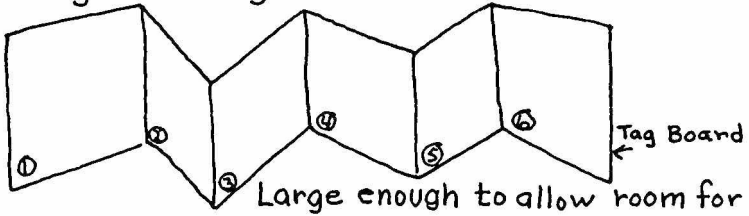


Use one for each step in recipe.

"one to one picture correspondence"

These are good for younger children.

- Hinge enlarged pictures to one another.



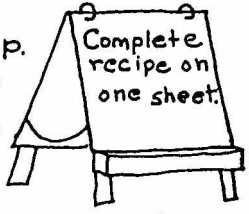
Large enough to allow room for food, etc. in each step.

"accordion format"

Better for older children.

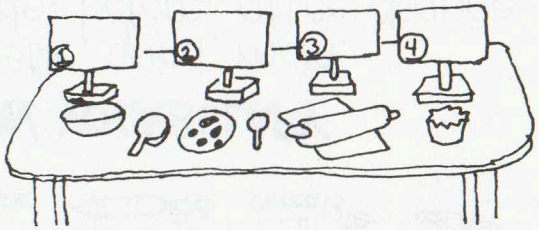
- Enlarge the entire recipe on a page of easel paper (approximately 18 x 24 inches). "easel format"

Better for older children.



+ A pad of enlarged steps from selected recipes is available from the publisher. See sample on pgs. 195-205 and order card.

"one to one picture correspondence set~up"



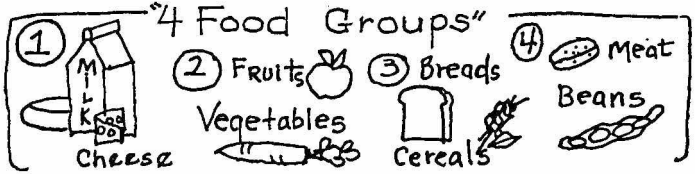
If ingredients + measuring tools are placed in front of recipe cards, child can walk around table "reading" and following recipe with little or no adult help.

USING PICTORIAL RECIPES FOR OTHER ACTIVITIES

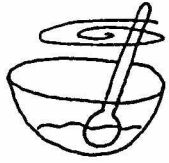
Planting projects, candle making, and other art projects that follow a sequence are simplified through use of pictorial recipes. See p.180 where this method is used for Living Easter Baskets.

PLANNING TO MAKE LEARNING HAPPEN

Repeat the same activity several days in a row to build independence and achieve mastery.
Limit the number of steps so that the child can manage alone.
Start with the simple recipes that have fewer steps.
Make use of the cooking activity as a nutrition lesson.



INTRODUCING NEW VOCABULARY

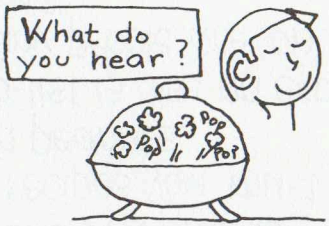


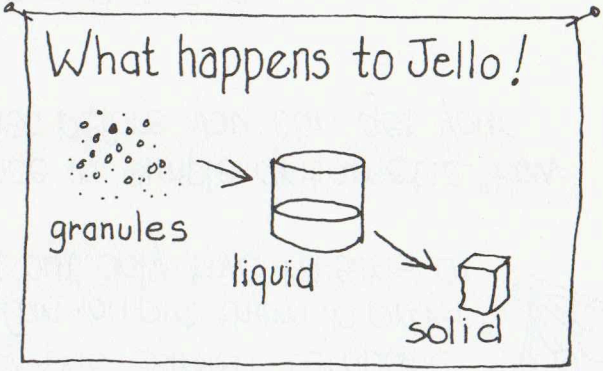
Process words: stir, grind, mold.
Relationship words: before, after, change.
Unusual measurement words: dash, pinch, drop.
Names for the ingredients and utensils in the recipe.

drop

ENCOURAGING ORAL COMMUNICATION

"What is happening? What do you see and hear? How does it taste?



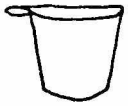


cut | mix | grind | Knead | dice

MOTIVATING READING AND WRITING BY:

Copying the key words in a recipe onto flash cards.
Using pictorial recipes for handwriting by letting the children trace or copy recipes.

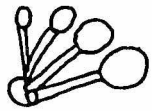
INTRODUCING MATHEMATICAL RELATIONSHIPS



Recipes illustrate sequence.

Recipes use standard (or metric) measurement.

"What is a measuring cup? Do all measuring cups look the same? How are they the same?" Compare spoons in a graduated set. Can you put them in order?



For some recipes you must count out only five raisins or ten peanuts.

The waiting list is also an experience in simple arithmetic. "How many people are on the list before you can get your turn?"

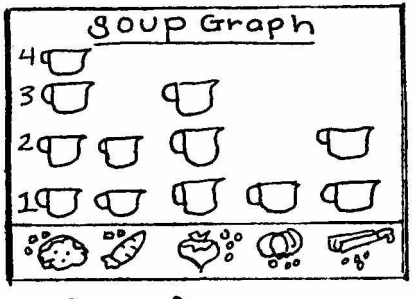
5 raisins

10 peanuts

USING GRAPHS TO SHOW RELATIONSHIPS

"How many children cooked on each day of the week? Were there more pancakes cooked on Monday or Tuesday?"

Some recipes like soup lend themselves to group participation and are ideal for graphing.



Every time a cupful of potatoes or carrots goes into the pot, make a mark on the graph. "Did the soup have more potatoes or more carrots?" The graph makes it easy to see.

EXTENDING COOKING EXPERIENCES

The flip side of a number of our recipes have variations, suggestions for related stories, nature experiences.

Many recipes lend themselves to cultural events, special holidays.

Use story time to read books related to your cooking project, such as Johnny Cake Hoe with pancakes, The Carrot Seed with Carrot Salad or Cookies, A Tree is a Plant with Apple Salad or Applesauce, Little Bear's Birthday Soup with Vegetable Soup.

Shopping for ingredients introduces categorization, denominations of money, or making of change, depending on the age and ability of the children.

Use the following recipes at home or in any classroom setting to turn part of a mid-day snack or main meal into a learning-through-cooking experience.

RECIPES

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A special thank you to Mary Carasso who worked with me on early editions of A Child's Cook Book and A Child's Colonial Cook Book.

Beverly Veitch

TASTING GAMES

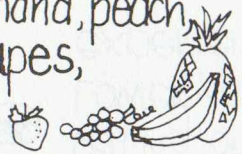
- Tasting games are an ideal way to encourage children to note how foods taste, look, smell, feel, grow, what part of plant they are from, how they are used.

Sample tasting experiences: (choose one group, give small taste, discuss)

①
- Bitter – baking powder
- Salty – potato chips
- Sour – lemon
- Sweet – brown sugar

②
- Bitter – orange rind
- Salty – peanuts
- Sour – pickles
- Sweet – sweet chocolate

③ Variety of fresh fruits:
e.g. – apples, banana, peach, pineapple, grapes, strawberries.

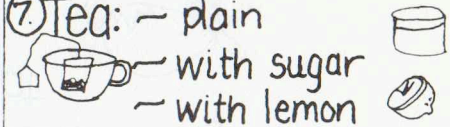


④ Variety of raw vegetables:
e.g. – tomato, carrot, peas, celery, cauliflower, spinach.

⑤ Variety of cheese:
e.g. – Cheddar, Swiss, Jack, Roquefort, cottage cheese.

⑥ Variety of melons:
e.g. – watermelon, cantaloupe, honeydew, papaya, cranshaw.

⑦ Tea: – plain
- with sugar
- with lemon



⑧ Mayonnaise
Sour Cream
Whipped Cream – with sugar – without sugar

⑨ Nonfat milk
Extra-rich milk
Buttermilk

TASTING GAMES

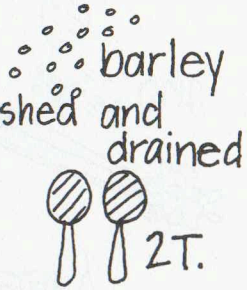
- Tasting games can be greatly enhanced by telling or reading Teddy the Taster by Lawrence Lowery as an introduction to the tasting experience.

- Do you know what you are tasting without peeking?

- Extend the game by using blind folds. Can you tell what you are tasting when you can't see it? Try holding your nose when tasting.

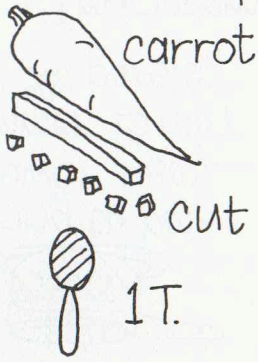
BARLEY SOUP

1. chicken broth



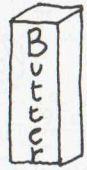
2.

3.

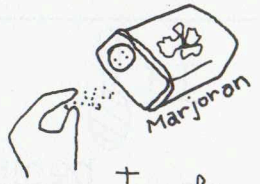


4.

5.



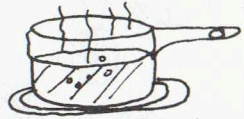
6.



1 sprig parsley

cut

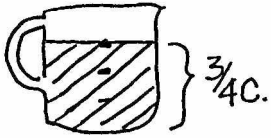
7.



Bring to boil.
Lower heat.
Simmer 50-60 min.

8.

VEGETABLE SOUP

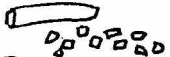


① beef broth

potato

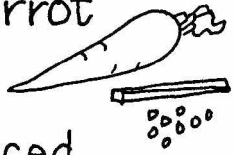
peeled

diced



②

carrot



diced

③

turnip

diced

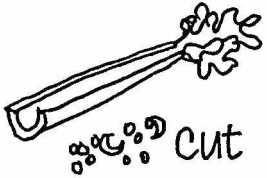
④

onion

chopped

⑤

celery



cut

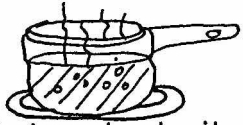
⑥

brown rice

pre-cooked

optional

⑦



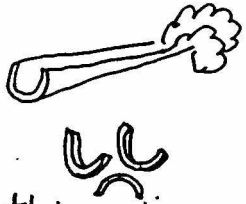
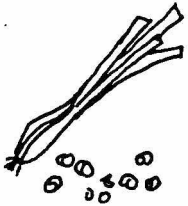
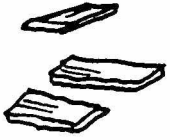
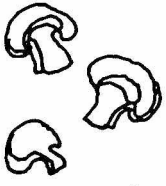
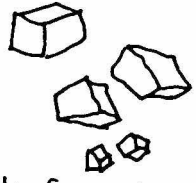
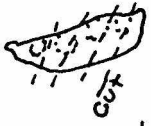
Bring to boil.
Lower heat.
Simmer 15 min.

parsley

marjoram

⑧

CHI TONG 湯 Chicken Soup

½c. Hot chicken broth ①	Add: thin vermicelli ②	 thin slices celery ③	 chopped green onion ④	 bamboo shoots ⑤
 sliced mushrooms ⑥	 tofu cubes ⑦	 pea pods or fresh peas ⑧	(optional) thin shreds cooked chicken ⑨	Add slowly. beaten egg ½t. ⑩

STRACCIATELLA

(Italian Chicken Soup)

Substitute thin slices cauliflower florets, zucchini, carrot for bamboo, tofu, pea pods, in Chi Tong.

Sprinkle top with:

Use

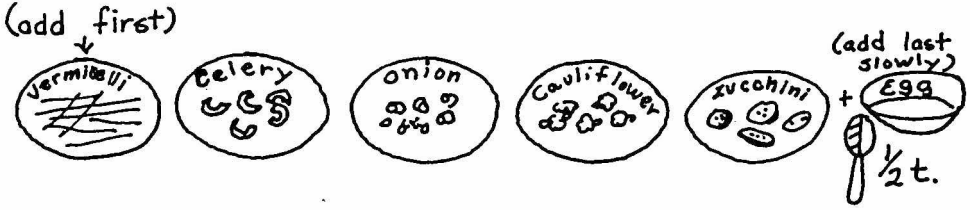
or

SOUP SET-UP

- Child measures hot chicken broth, pours it into mug or bowl. 1½ c.

- Child walks along table, adding his choices from the labeled ingredients.

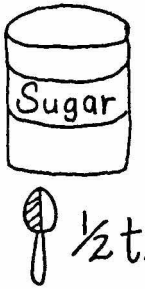
  Heat of broth "cooks" ingredients~ no further cooking needed.



EGG NOG

1 T.
beaten egg
(see p. 194)

①



½ t.

②

⅛ t.

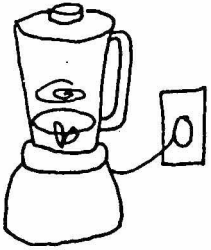
③

¼ c.

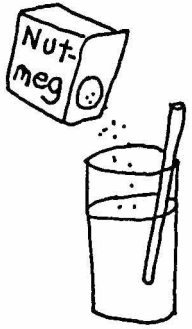
④

1 scoop

⑤



⑥ Blend briefly.



⑦ Sprinkle with nutmeg.

EGG NOG VARIATIONS

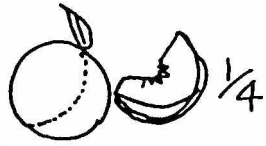
Add one of the following to blender:

1 t.

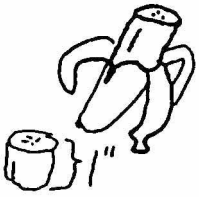
½ t.

2 T.

blueberries + a bit of lemon rind



¼ fresh peach + a bit of lemon rind



1" slice of banana

orange juice 2 T.

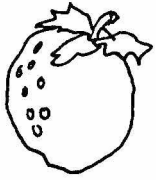
+ bit of orange rind

strawberries + bit of lemon rind.

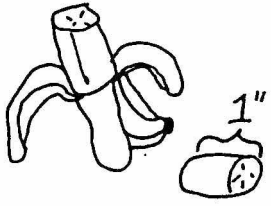
What variations might you put together? Experiment.

?

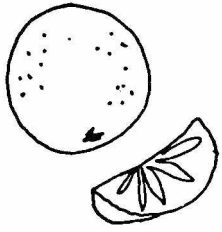
FRUIT SHAKE



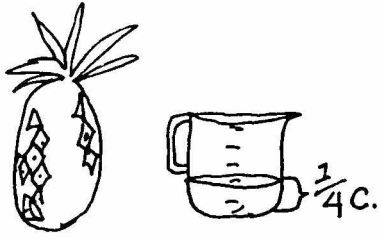
1. 1 strawberry



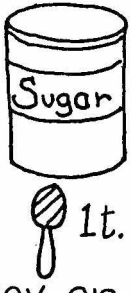
2. 1 slice banana



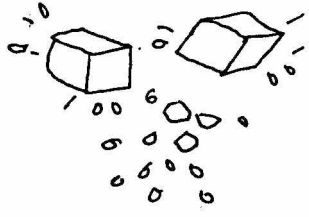
3. 1 orange section



4. pineapple juice



5. or honey or coconut meal.*

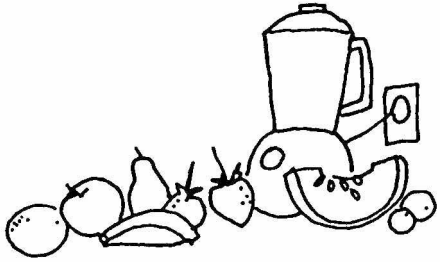


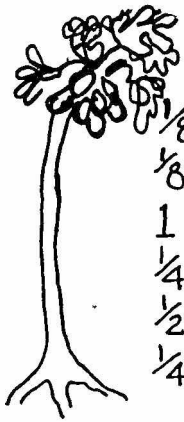
6. 2 broken ice cubes

7. Blend briefly.

FRUIT SHAKE VARIATIONS

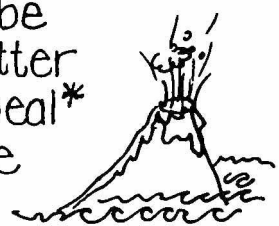
- Other fruit: Any combination pear, apple, banana, orange, cantaloupe, strawberry.
- Other juices: orange, apple, pear or apricot nectar.
- Milk may replace juice.
- Ice cream may replace ice cubes.
- Pinch orange or lemon rind enhances flavors.





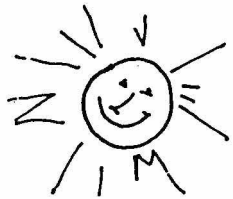
SOUTH SEA

⅛ piece apple
⅛ slice papaya
1 pineapple cube
¼ t. peanut butter
½ t. coconut meal*
¼ c. orange juice
2 broken ice cubes



SAHARA

1" piece banana
1 date, chopped
½ t. ground almonds
½ t. honey
¼ c. orange juice
2 broken ice cubes



LEMONADE

½ lemon

①

Squeeze

②

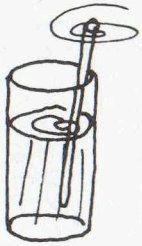
2 t.

③

⅓ c.

water

④

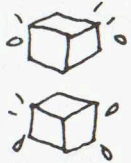


Stir

⑤

Try this:

Red or Blue

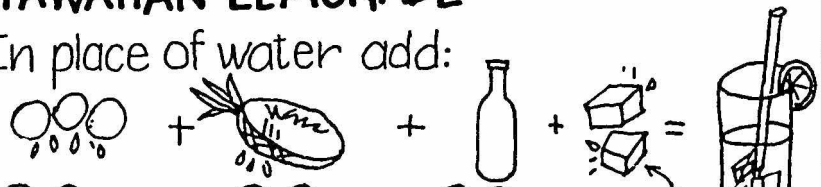


Add a food-colored ice cube to lemonade.

What happens?

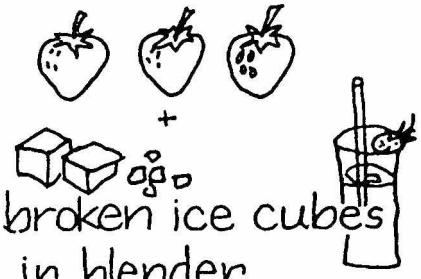
HAWAIIAN LEMONADE

In place of water add:



CIRCUS LEMONADE

To lemonade add:



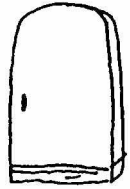
Mix in blender.

LEMONADE POPSICLES

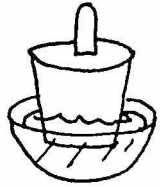
1. Pour lemonade into cup.

2. Cover with plastic wrap, cut slit with knife.

3. Insert popsicle stick



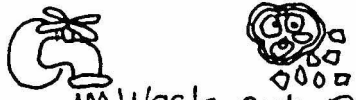
4. Place in freezer 4 hrs.



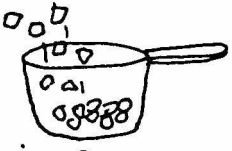
5. Dip in cool water to unmold.

TOMATO JUICE (COOKED)

1 lb. tomatoes



Wash, cut, put in pan.



1.

Add:

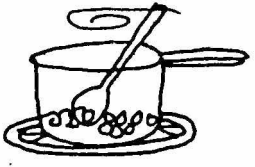
1 celery leaf

1 parsley sprig

1 whole clove

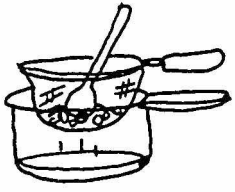
1 crushed bay leaf

2.



Cook til soft.
15~20 min.

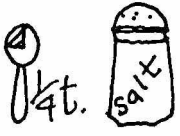
3.



Press through sieve.

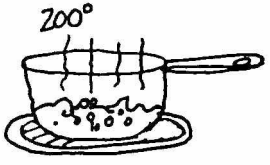
4.

Add:



+

5.

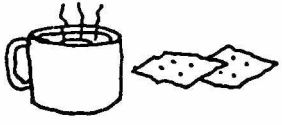


Bring to boil~
about 10 min.

6.

Serve:
Cold~with ice, lemon juice + straw.

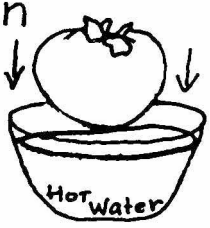
Hot:
with crackers



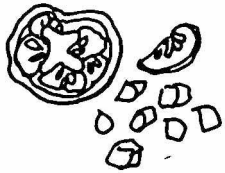
TOMATO JUICE (UNCOOKED)

① Small fresh tomato

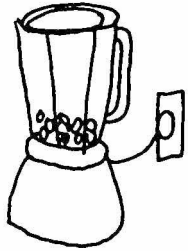
Dip in



② Peel

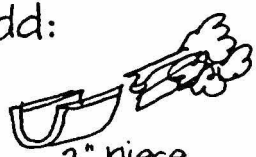


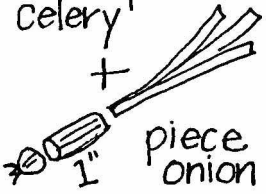
③ Cut into pieces.



④ Place in blender.

Add:

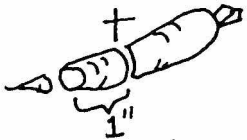




⑤

sprig parsley

+



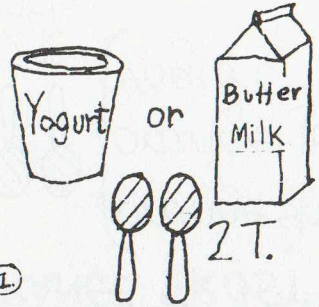
carrot piece

⑥

⑦ Blend with chipped ice.

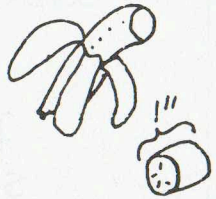
Serve with lemon juice, salt.

YOGURT SHAKES
APRICOT FROTH



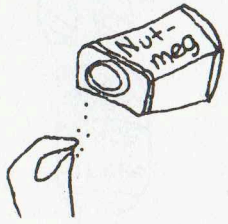
1.

2.

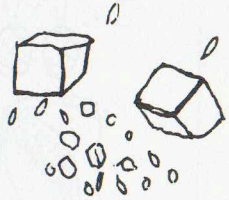


3.

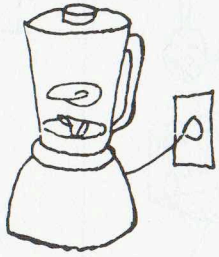
4.



5.



6.



7.

Substitute:

Apple

or

orange

or

pineapple juice.

→

PURPLE CLOUD

1. 2T.

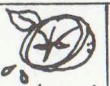
2. 2T.

3. 2T.

4. 2T.

5. Blend briefly.

ORANGE FROST



2T. each
- orange sherbert
- orange juice
- yogurt

Blend briefly.

BERRY CRUSH

2T. each
- berries
- yogurt
- milk
- ice cream

½t. honey

Blend briefly.

TURKISH AYRAN

4T. Yogurt

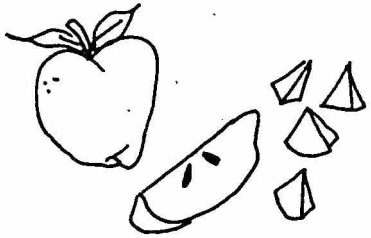
½t. Honey + lemon rind

2T. ice water

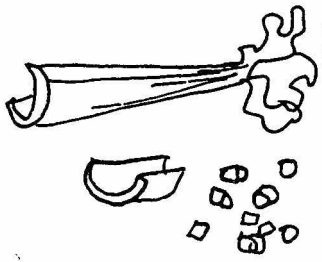
Blend til frothy.

Garnish with mint.

APPLE SALAD



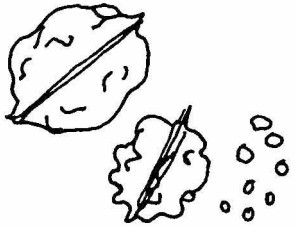
① ¼ apple-cut



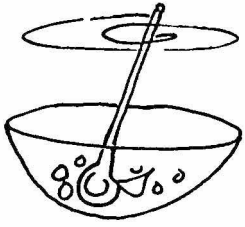
② Small piece celery cut

③ 5 raisins

④ 1t. mayonnaise



⑤ 1 walnut-broken up



⑥ Stir to mix.

serve with:

and

dried apples

for comparison.

→

APPLE SALAD VARIATIONS

- Add grapes or pineapple chunks, toasted sesameseeds, peanuts, or sunflower seeds in place of walnuts.

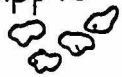
- Add yogurt to mayonnaise ($\frac{1}{2} + \frac{1}{2}$) + honey + lemon juice to taste.
- 1 part peanut butter to 2 parts mayonnaise + lemon juice to taste.

- FRENCH APPLE SALAD
  Add a few small pieces of Gruyere cheese. Sprinkle with lemon juice.

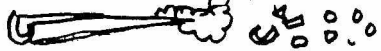
HAWAIIAN WALDORF

p.20

- substitute fresh, frozen or canned pineapple chunks for apple.
- substitute golden raisins for black raisins (plump in warm pineapple juice.)



- small pieces celery, cut

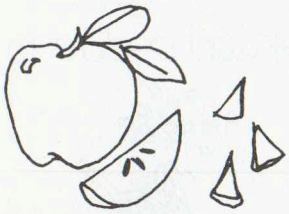


- Macadamia Nuts, broken up

DRESSING

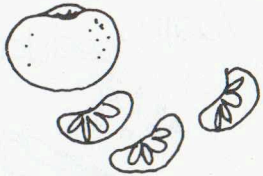
½ t. pineapple juice
1 T. mayonnaise, yogurt, or whipped cream
½ t. honey

ASIAN SALAD 菜

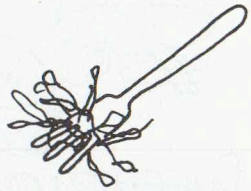


1 thin slice apple, cut ①

2 chunks pineapple ②

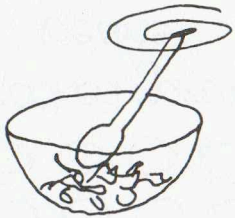


3 slices mandarin orange ③

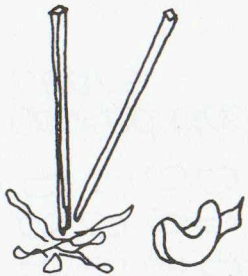


1 forkful bean sprouts ④

soy nuts ⑤



Stir to mix. ⑥



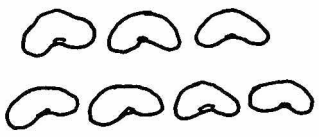
Eat with chopsticks + fortune cooky. ⑦

Optional:

coconut chips

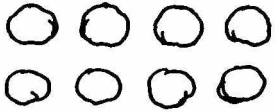
toasted sesame seeds

BEAN SALAD



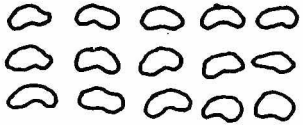
8 cooked kidney beans

①



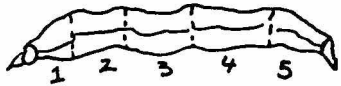
8 cooked garbanzo beans

②



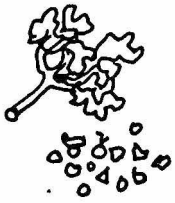
15 cooked black beans

③



5 pieces cooked string bean

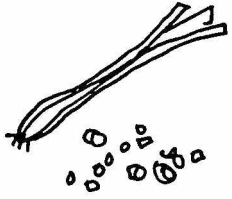
④



chopped parsley

¼t.

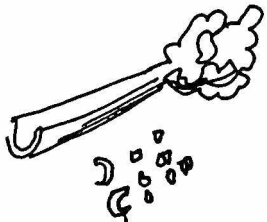
⑤



chopped onion

¼t.

⑥



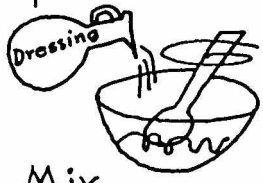
chopped celery

1 t.

⑦

Add:
French dressing

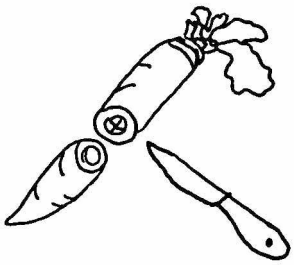
p.38



Mix

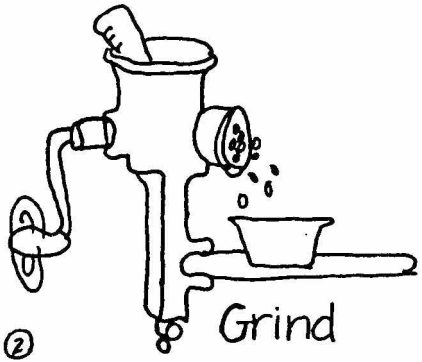
⑧

CARROT SALAD

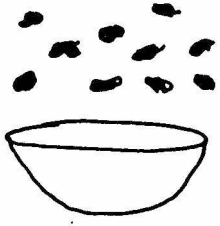


Scrape ½ carrot.

①



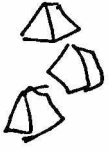
② Grind



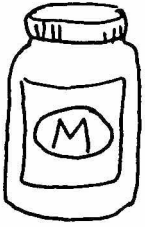
③ Add 10 raisins.

optional:

sunflower seeds

pineapple tidbits 

④



1t. mayonnaise

⑤

Stir and eat.

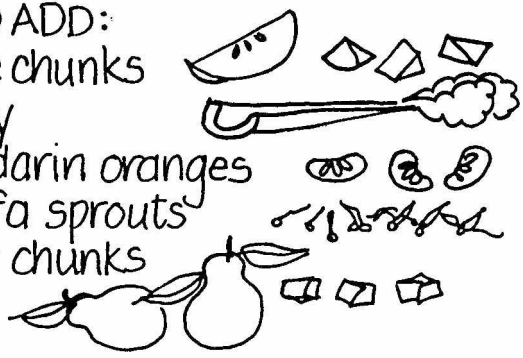
⑥

CARROT SALAD VARIATIONS

- In place of mayonnaise-use honey and lemon juice to taste.
- If you use store mayonnaise, add ½ yogurt + lemon juice.
- In place of mayonnaise-use yogurt flavored with lemon juice + honey.

FUN TO ADD:

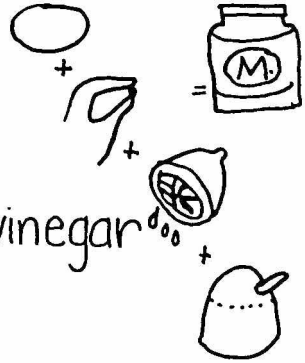
apple chunks
celery
mandarin oranges
alfalfa sprouts
pear chunks



HOMEMADE MAYONNAISE

p.24

1 T. egg
pinch salt
pinch dry mustard
pinch paprika
1 t. lemon juice or vinegar
⅛ t. honey



Whip in blender.
Add 2 T. safflower oil gradually while motor is running.
Whip until thick.
Store in refrigerator-it will thicken.

COLE SLAW

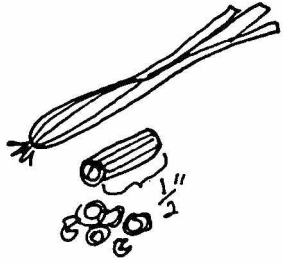
Cut small wedge cabbage into shreds.

①

parsley

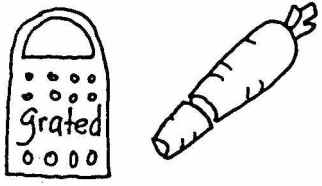
1T.

②



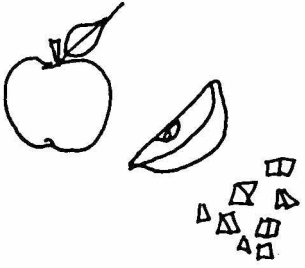
chopped piece onion

③



¼ carrot

④



1 slice apple, cut.

⑤

Mix with dressing~

next page →

⑥

SWEET SOUR DRESSING

1T.

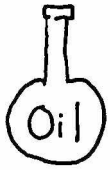
①

1/8 t.

②

1T.

③



2 t.

④

Stir + pour on cole slaw.

⑤

BUTTERMILK DRESSING

1T. mayonnaise

1T. buttermilk

½t. vinegar

Add:

Mix

Try on cole slaw.

Try in Cole Slaw:

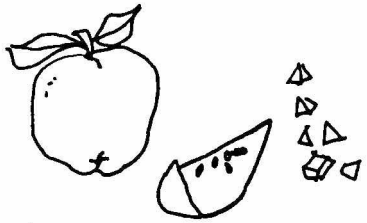
- Pineapple

- Raisins

- Celery

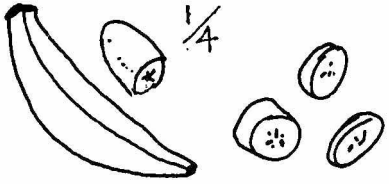
- Tomatoes

FRUIT SALAD



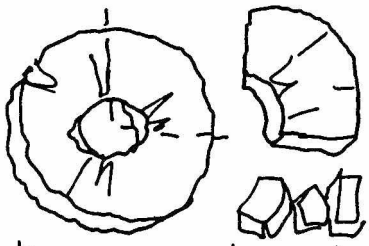
¼ apple, cut

①



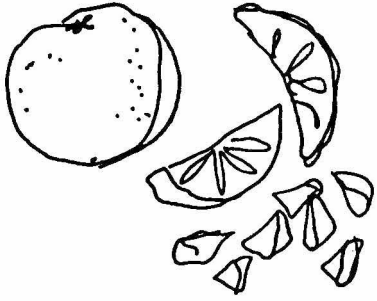
¼ banana, cut

②

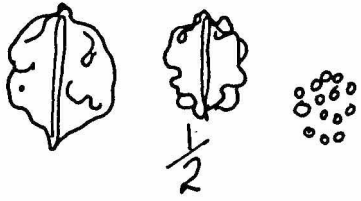


¼ pineapple, cut

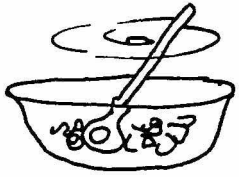
③



④ 2 orange sections



⑤ 1 walnut half, chopped



⑥ Stir and eat.

FRUIT SALAD VARIATIONS

Substitute or add:

- Melon balls
  Pears, peaches
  Nectarines
  Berries, grapes

- Raisins
  Dates
  Sunflower seeds
  Toasted almonds

- Serve with cottage cheese.

HONEY FRENCH DRESSING

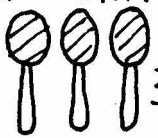
1 T. oil
½ t. honey
½ T. lemon juice
pinch paprika

YOGURT DRESSING

1 T. yogurt or whipped cream
1 t. honey
¼ t. vanilla or lemon juice

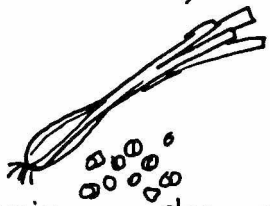
HOT RICE SALAD (Greece)

hot cooked brown rice



3T.

① ② ③ ④ ⑤ ⑥ ⑦ ⑧

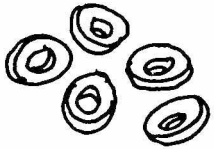


onion, chopped

¼t.

chopped parsley

⅛t.

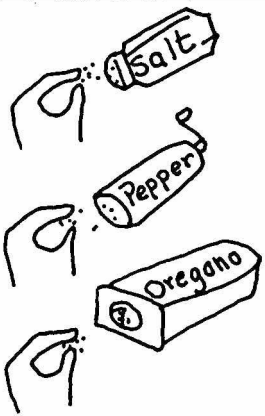


5 olive slices

½T.

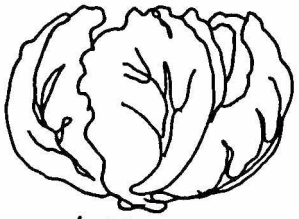
lemon juice

½t.



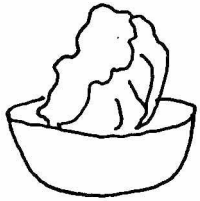
Stir, eat.

LETTUCE ROLL-UPS

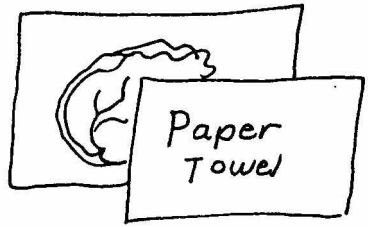


lettuce
(red lettuce is easier to roll)

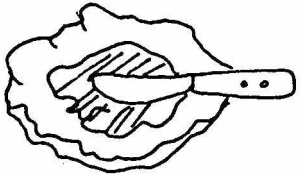
①



② Wash one leaf.



③ dry



④ Spread with peanut butter.

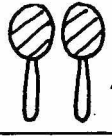
⑤ Roll and eat.

Variations:

Roll in a thin slice of ham, bologna, dried beef, or cheese.

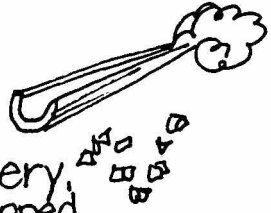
MACARONI SALAD

cooked macaroni

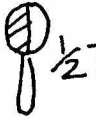


2T.

①



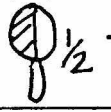
celery, chopped



½T.

②

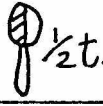
cubed



½ T.

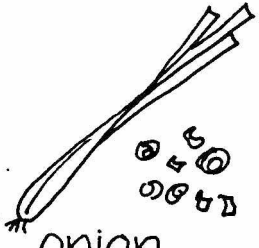
③

ripe olives, sliced



½t.

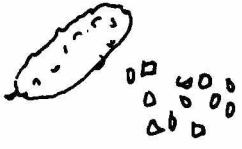
④



onion, chopped

¼t.

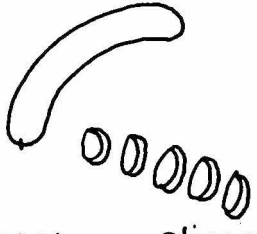
⑤



pickle, chopped

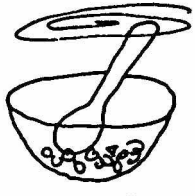
½t.

⑥



5 thin slices frankfurters

⑦



Mix with dressing.

(see next page)

⑧ →

MACARONI SALAD DRESSINGS

Your choice:

1T. Mayonnaise + 1t. lemon juice

1T. Mayonnaise + 1t. French Dressing

1T. Ricotta Cheese + 2t. Yogurt

1T. Mayonnaise + 1t. Marinara Sauce

VARIATIONS

Add or substitute:

Parsley

Green pepper

Radishes

Garbanzo beans

Ham

Tuna

Chicken

Garnish:

Slice or wedge of hard-cooked egg.

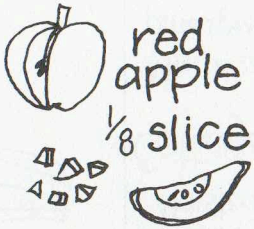
SCANDINAVIAN SALAD (Tuna or Chicken)

1.

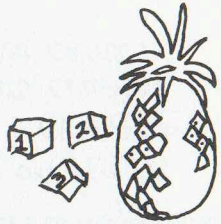
or Bonita
1T.

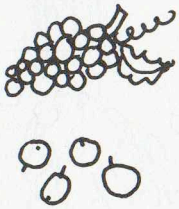
2. Celery

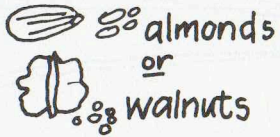
cut
1T.

3. 

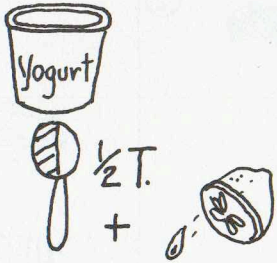
Cut

4. 
3 pineapple cubes

5. 
4 grapes

6. sliced toasted


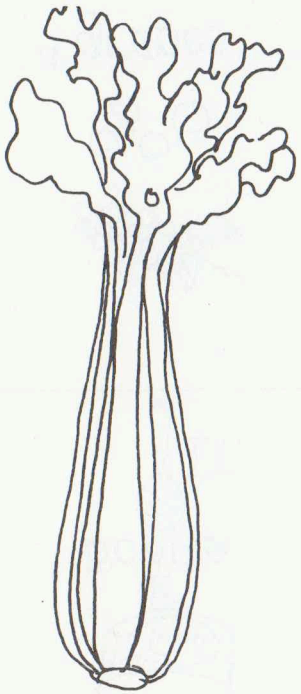
1t.

7. 

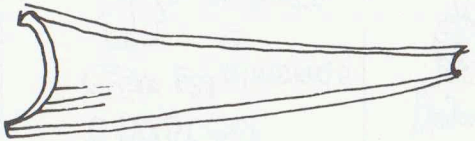
1 drop lemon juice

8. Toss gently. Serve on lettuce leaf.

STUFFED CELERY

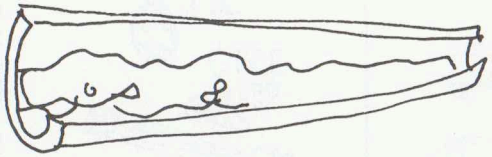


Wash, dry one stalk.



1.

2.



Stuffed

3.

VARIATIONS:

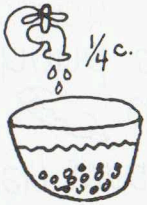
Grated carrot + raisins.
Moisten with yogurt or mayonnaise.

Cottage cheese or cream cheese.
Mix in alfalfa sprouts, crushed pineapple, or grated carrots.

TABBOULI

bulgur

1. 2T.



2. Soak 1 hr.

Drain, press out water.

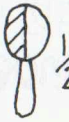
mint, chopped

3. ½t.

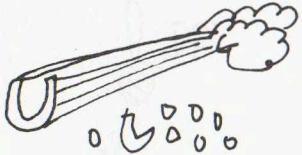
parsley, chopped

4. ½T.

tomato, chopped

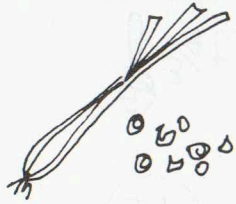


5. ½T.



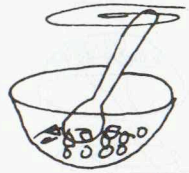
celery, chopped

6. ½T.



onion, chopped

7. ¼t.



Stir with dressing.

(see next page) →

8.

TABBOULI DRESSING

Add to Tabbouli:

Stir Tabbouli. Eat.

- Tabbouli is a favorite Middle East wheat salad where it is often wrapped in romaine leaf and eaten out of hand or served inside pocket bread.

- Variations

Add or substitute:

1t. chopped cucumber

¼t. chopped green pepper

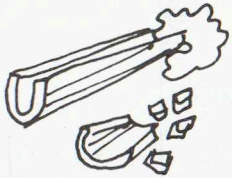
few thin slices radish

May use left over, cooked, chilled bulgur.

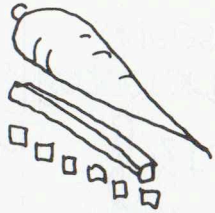
VEGETABLE SALAD

1 lettuce leaf, torn

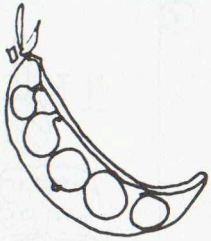
1 cherry tomato, halved



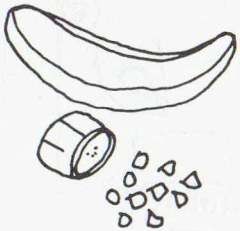
1 celery piece, cut



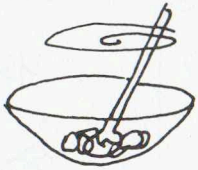
1 carrot stick, cut



peas from a pea pod



1 slice zucchini, cut



Toss with a dressing.

(see next page)

Full Meal Salad

Add:

cheese strips

meat strips

sliced hard cooked eggs.

SOUR CREAM DRESSING

1.

1T.

2.

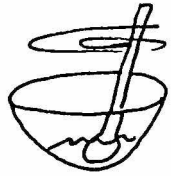
¼t.

3.

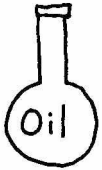
4.

dash

5.
drop lemon juice


Stir, pour on salad, toss.

FRENCH DRESSING

1. 

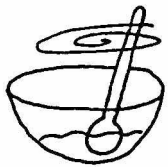
1T.

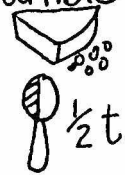
2.

1t.

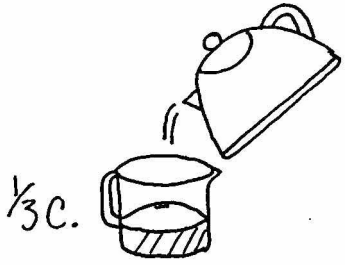
3.

4.

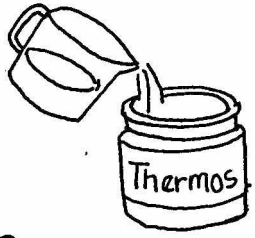
5. 
Stir, pour on salad, toss.

Variation:
Crumble in

½t.
Roquefort cheese.

CRACKED WHEAT CEREAL

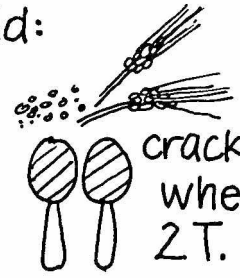


① Hot Water



② Pour into thermos bottle.

Add:



cracked wheat 2T.

③

Screw on lid.

Let stand 20 min.

④

Eat plain or with

milk honey fruit

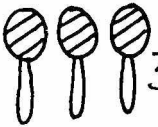
⑤

Note:

May let stand in thermos overnight- eat in the morning.

THREE BEAR PORRIDGE

rolled oats



3T.

1.

sunflower seeds

1t.

2.

raisins

1T.

3.

apple, chopped

1T.

4.

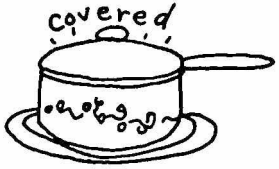
1T.

5.

½c.

Stir in.

6.



Turn down when bubbles. Simmer for 15 min.

7.

Stir in ½t.

Eat while warm~when "just right" like Baby Bear's.

8.

GRANOLA~TOASTED

oat flakes

1. 2T.

2. ½t.

peanuts, chopped

3. ½t.

sunflower seeds

4. ½t.

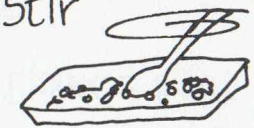
almonds, sliced

5. ½t.

6. ½t.

7. ½t.

Stir



Toast 325°
8~10 min.
(Use oven or electric fry pan.)

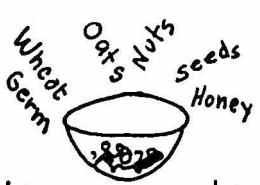
8.

Add:

6 raisins.
Eat hot or cold.
Good on yogurt, cottage cheese, ice cream.

9.

GRANOLA VARIATIONS
SWISS BIRCHERMUESLI



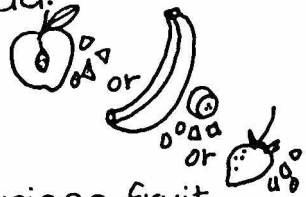
Make granola. Omit oil. Do not toast.

1.

Pour on milk to cover.

2.

Add:



1 piece fruit, cut.

3.

Top with

4. Eat.

Other flakes

- Rye
- Wheat
- Brown Rice
- Triticale

A.

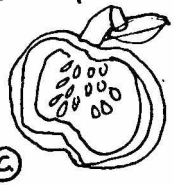
Other nuts

- Walnuts
- Cashews
- Pecans
- Soy Nuts

B.

Other seeds

- sesame
- pumpkin



C.

Other sweeteners

- coconut
- maple syrup
- brown sugar
- cinnamon

D.

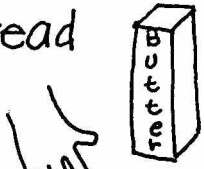
Other fruits (dried or fresh)

- apple
- banana
- grapes
- peach
- pear
- dates
- apricot
- figs
- prunes
- berries

E.

BAKED EGG

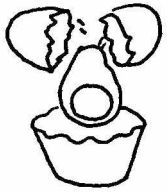
Spread



inside

custard cup.

①



Break 1 egg into cup.

②

Add without covering yolk.

1T.

③

④

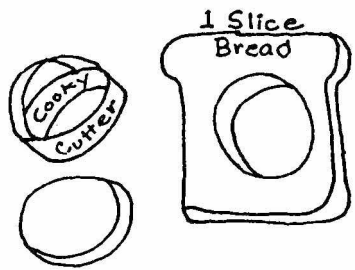
1t.

⑤

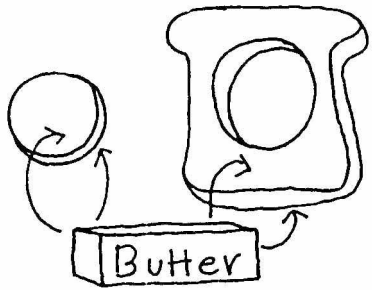
Bake 350°
10 min.
until yolk is set.

⑥

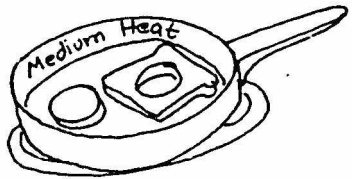
FRAMED EGG



① Cut out circle.



②. Butter both sides.

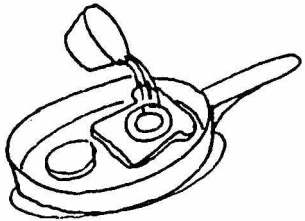


Brown 1 side, turn.

③

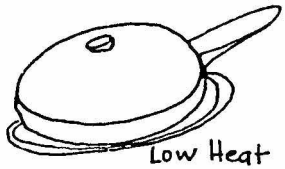
Crack egg into cup.

④



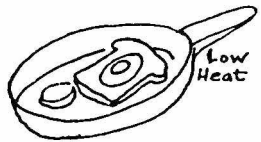
Slip egg into frame.

⑤



Cover til white is set.

⑥



Uncover, cook til egg is firm.

⑦

DEVILED EGG

Bring to boil.
Reduce heat + simmer 20 min.
Cool in cold water.

1.

1 hard-cooked egg

Peel.

2.

Cut in half.

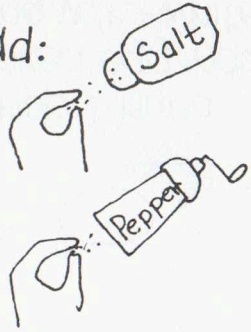
3.

Scoop out yolk.

Mash ↓

4.

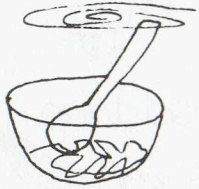
Add:



5.

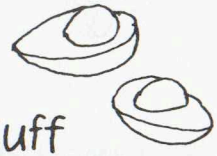
1t.
or sour cream.

6.



Mix

7.



Stuff egg white halves with yolk mixture.

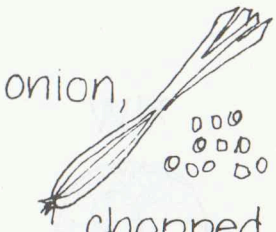
8.

EGG SALAD OR SANDWICH

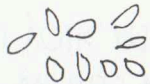
Chop 1 hard cooked egg~both egg yolk+white.

1.

2.



3.

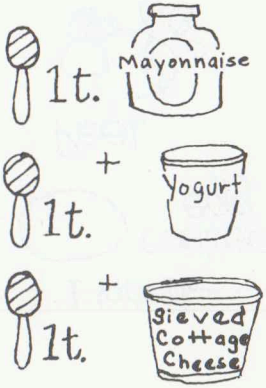


sunflower seeds

4.

toasted sesame seeds

5.



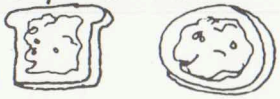
6.

Stir

7.

Salad: Serve on lettuce.

Sandwich: Spread on whole wheat or rye bread.



8.

EGG FOO YUNG

chopped shrimp

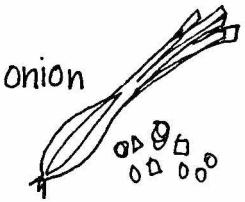
½ T.

①

beaten egg

2 T.

②

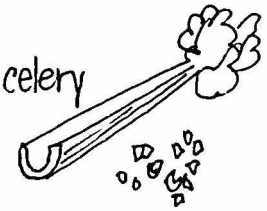


onion

chopped

¼ t.

③



celery

chopped

½ t.

④

1 forkful of bean sprouts

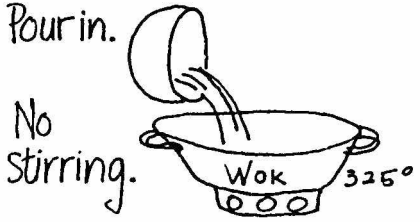
⑤

¼ t.

⑥

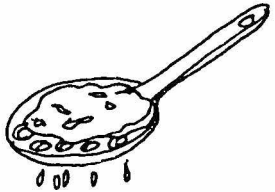
Stir lightly.

⑦



Cook 1 min. each side til lightly browned.

⑧



Lift, drain

Eat warm.

⑨

EGG FOO YUNG VARIATIONS

In place of shrimp add:

½ T.

- crab
- or
- lobster
- or
- cooked chicken
- or
- cooked bacon

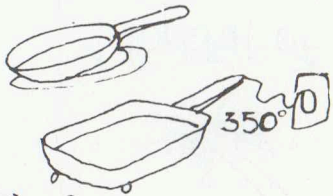
Substitute or add:

½ t.

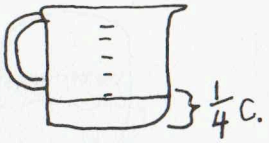
- bamboo shoots, chopped
- or
- water chestnut, chopped
- or
- mushroom, chopped

Note:

- Small pan ~ cook in 2 T. oil, moderate heat.
- Electric fry pan ~ cook in oil 1" deep ~ 350°
- Have small cutting boards by steps ① ③ ④ for children to use for chopping.



HOMEMADE BUTTER

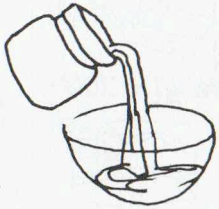


heavy whipping cream

①

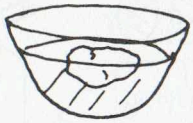
Shake cream 25 to 30 minutes.

②



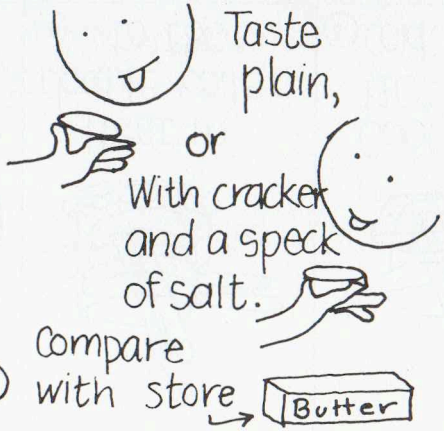
Drain off whey.

③



Rinse butter with cool water.

④

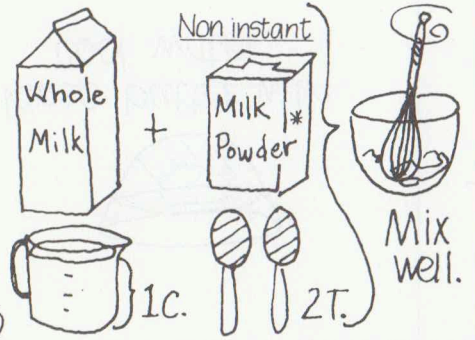


⑤

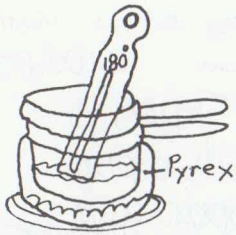
Yield 1½ T. butter.

- For a group of children, have several jars ~ take turns shaking.

YOGURT



①

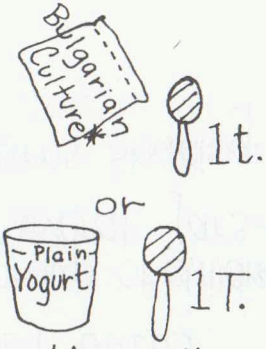


Heat in double boiler to 180°

②

Cool to 110° in cold water.

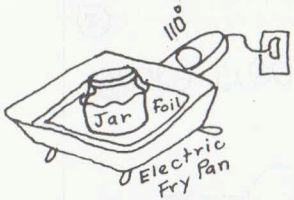
③



④ Mix well.

Pour into warm jar.

⑤ Cover.



Place in fry pan on pad of foil. Pour in warm water.

⑥

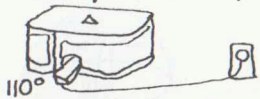
Cover pan.

Leave undisturbed til thickened~ 2~4 hrs.

⑦ Refrigerate.

Other ways to make yogurt:

- dehydrator p.181



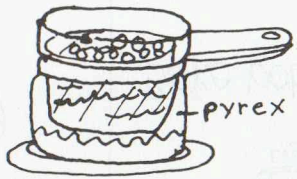
- box + 15 watt globe ← line with foil

- thermos

COTTAGE CHEESE

(Miss Muffet's Curds + Whey)

1.



Cook in double boiler til buttermilk curdles + thickens. 5~10 min.

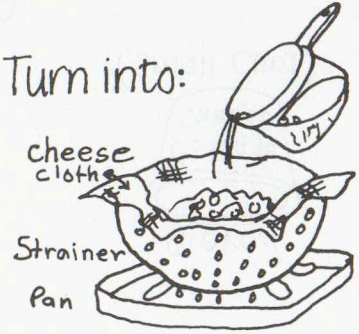
2.

Remove from heat.

Let stand a few minutes in warm place for whey to collect.

3.

Turn into:



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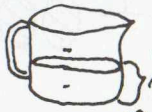


4. Drain off whey.

Moisten curds with:

+

Stir gently.

5. Eat or refrigerate.

COTTAGE CHEESE PANCAKE

Sieved

(small curd)

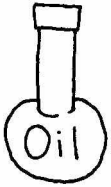
2T.

①

beaten egg

1T.

②

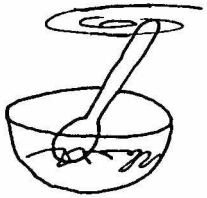


¼t.

③

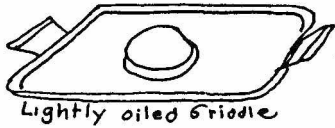
2t.

④



Mix well.

⑤

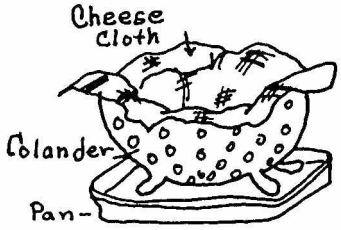


Bake both sides til lightly browned.

Serve hot with applesauce.

⑥

HOMEMADE CREAM CHEESE



Prepare colander.

1.

Put into colander.

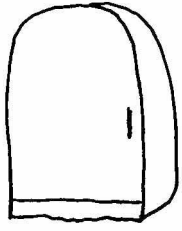
2.

Cover with cloth.
Drain overnight.

3.

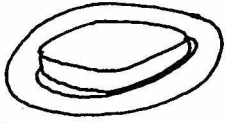
Press into cake.
Cover.

4.

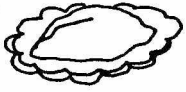


Refrigerate.

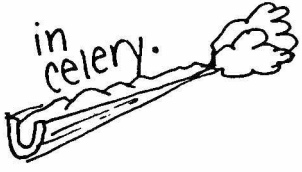
5.



Try plain,



or on whole wheat cracker,



or in celery.

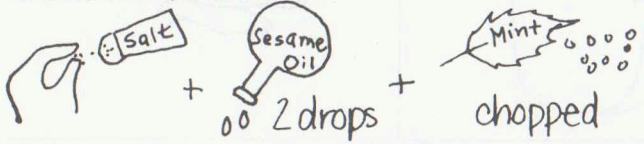
6.

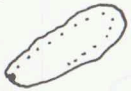
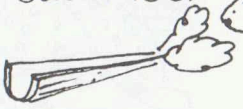
CREAM CHEESE

~Additional Ideas~

ISRAELI LABNEH

Homemade cream cheese ~
Season with:

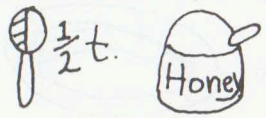


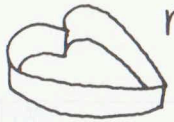
Serve with stick,
cucumber  slice
 or
whole wheat cracker

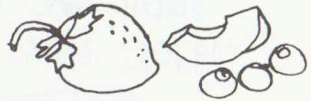
Optional seasonings:
chives, dill weed, garlic powder.

COEUR À LA CREME

Sweeten cream cheese with:

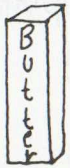


Put in  mold lined with cheese cloth

Refrigerate, unmold.
Serve with fruit. 

- Cream cheese the French Way:
  Mix with grated orange rind.
  Press in nuts + seeds.
  Serve with fruit or raw vegetables.

AUSTRALIAN OAT CAKES



+

1T.

2t.

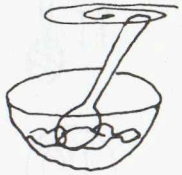
Mix well.

① ② ③ ④

1/8t.

1/4t.

1/4c.



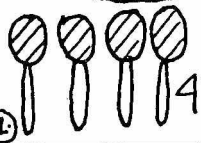
Mix well.

Press into 2 squares on buttered cooky sheet.

Bake 325°
12~15 min.
(til light brown)
Cool slightly on rack before eating.

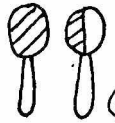
⑤ ⑥ ⑦ ⑧

CHAPATIS (India)



①

②



③

Stir +

Knead 10 min.

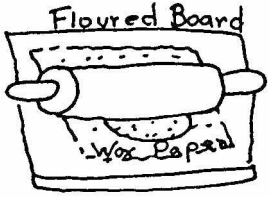
④

Rest 45 min.

⑤

Divide dough.

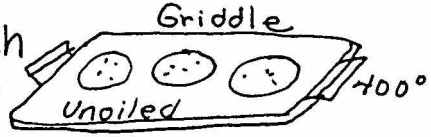
⑥



Roll each → into 5" →

⑦

Bake 2 min. each side.



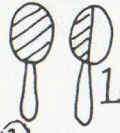
Eat hot with butter.

To help chapatis puff - Cook 30 sec., turn, cook 2nd side 30 sec., turn again, press surface lightly with folded towel to make bread swell. Keep turning til done.

⑧

BRAN MUFFINS

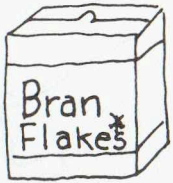
Use

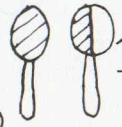


1½T.

①

Flour Mixture
1c. sifted flour
2T. sugar
2½t. baking powder
¼t. salt





1½T.

②

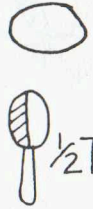
chopped nuts
or
sunflower seeds

1t.

③

½T.

④



½T.

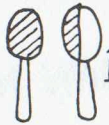
beaten egg

⑤

1t.

⑥

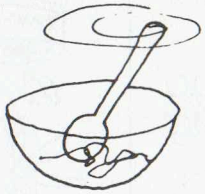
banana



1½T.

mashed

⑦



Stir just enough to moisten ingredients.

⑧

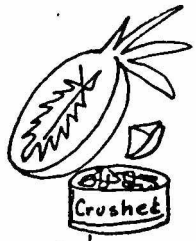
Pour into 2 small lined muffin tins*.

Bake at 400° about 13 minutes.

⑨

BRAN MUFFIN VARIATIONS

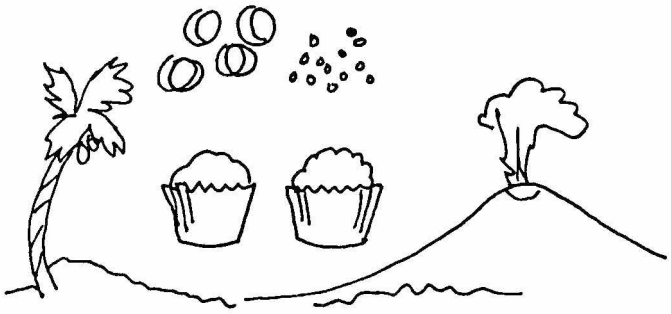
HAWAIIAN MUFFINS



Substitute 1½ T. crushed undrained pineapple in place of banand.

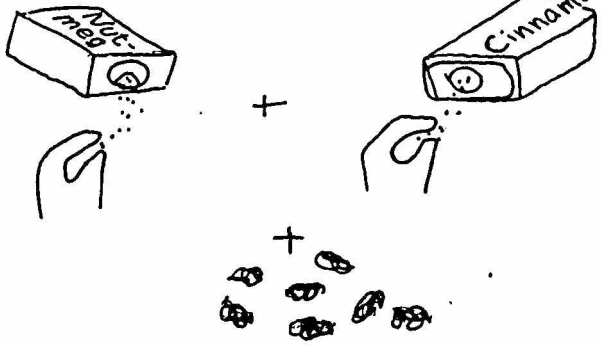
+

1 t. macadamia nuts, chopped in place of nuts or seeds.

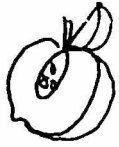


APPLESAUCE MUFFINS

Substitute 1½ T. applesauce in place of banana.

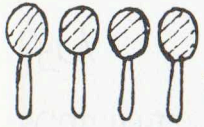


7 raisins in place of nuts or seeds.



BUÑUELOS

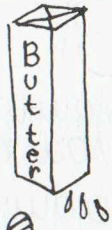
use



4T.

① Flour Mixture
1c. sifted flour
1t. sugar
½t. baking powder
¼t. salt

② lemon rind



1t.

③ melted

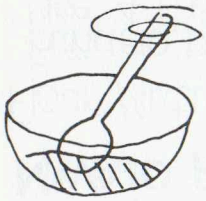
beaten egg

½T.

④

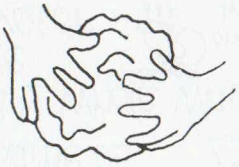
2½t.

⑤ Add only as much as needed.

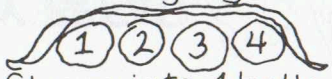


Mix

⑥



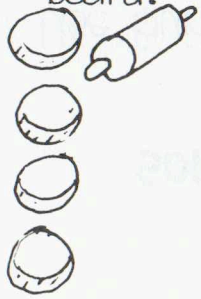
Knead lightly 3-5 min.



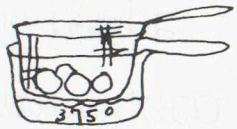
Shape into 4 balls.

⑦ Cover with cloth and let rest 15 min.

⑧ Roll into thin 4" circles under wax paper on floured board.



Deep-fry 60 seconds.



Drain

⑨

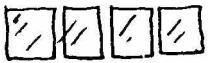
Serve warm, dusted with powdered sugar + cinnamon.

⑩

BUÑUELOS VARIATIONS

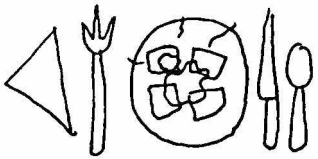
NAVAJO FRY BREAD

Flour Mixture ~ same as Buñuelo, but add ½ whole wheat flour.
Use 4 T. mixture
Add: 2 T. warm water omit other ingredients

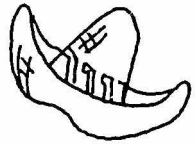
Mix, knead, roll.
Cut into  or

Fry.

Serve warm with honey.



SOPAIPILLAS

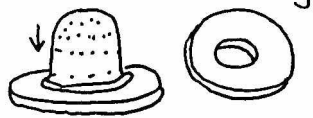
from MEXICO 

Use Buñuelo recipe.
Cut into

Fry.

Serve with honey.

Thimble Idea
- You may cut a hole in the center with a thimble for a doughnut-shaped Buñuelo.

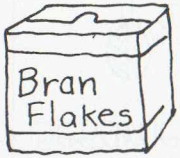


BUTTERMILK BISCUITS

Use 3T.

Flour Mixture
- ¾ c. sifted flour
- ¼ t. soda
- ¼ t. salt
- 1 t. baking powder
- 1 t. sugar

1.



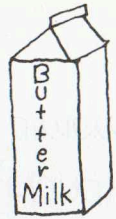
*

1T. Stir in.

2.

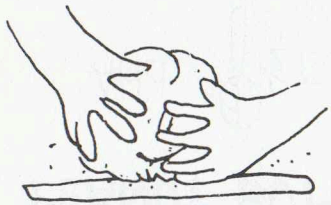
1T. Cut in.

3.



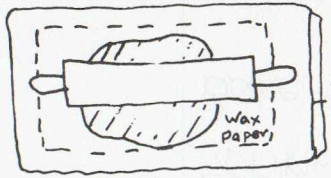
1T. Stir in.

4.

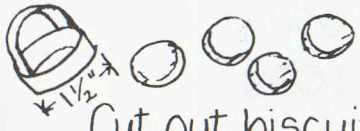


Knead gently.

5.

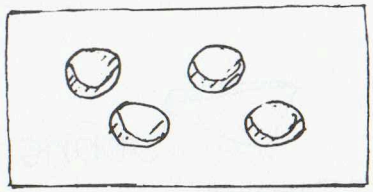


Pat or roll ½" thick.



Cut out biscuits.

6.



Bake on cooky sheet at 400° for 8-10 min.

Serve hot with butter and honey.

7.

BUTTERMILK BISCUIT VARIATIONS

PEANUT BUTTER BISCUITS

Add:

SCOTTISH SCONES

Shape dough into 2 △ △.

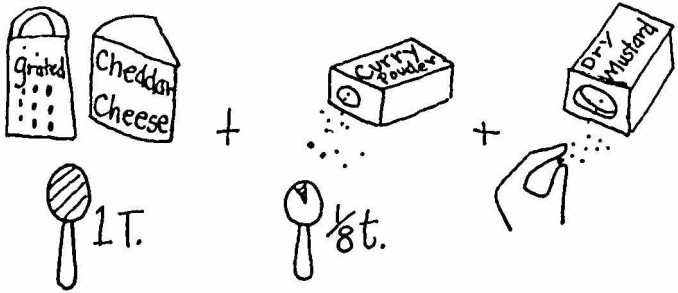
Brush top with beaten

Sprinkle with sugar.

Bake.

AUSTRALIAN CHEESE CURRY BISCUITS

Add:



ALBANIAN SESAME BISCUITS (Ismir Simit)

Add:

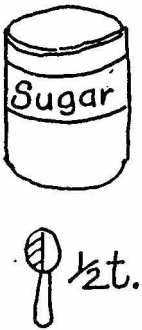
sesame seeds ½T.

or

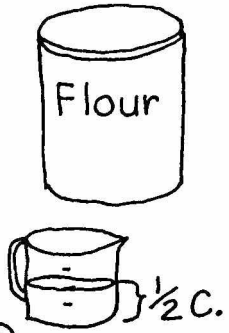
½T.

CHEESE PRETZELS

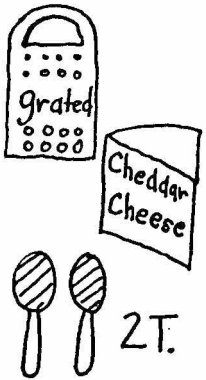
1. Let dissolve, stir.



2.



3.



4.

Stir +

Knead *

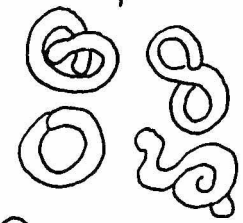
5.

Cut into 4 pieces.

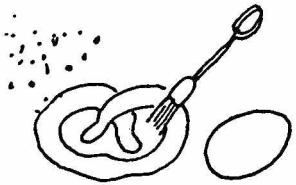
6.

Roll into "worms,"

shape.



7.



Brush with beaten egg.

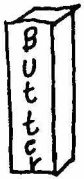
Sprinkle with kosher salt.

Bake at 425° 15 min.

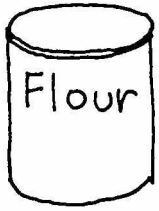
8.

CHEESE WAFERS

1. 1T.

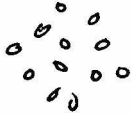


2. 1T.



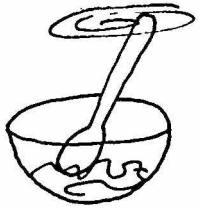
3. 1T.

4. 1T.

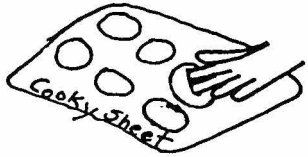


sesame seeds

5. ½t.

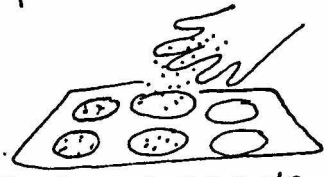


6. Mix well.



7. Flatten 6 balls of dough.

Sprinkle on:



sesame seeds.
Bake 375°
6-8 min.

8.

CLOVERLEAF ROLLS

Sprinkle on

½ T. warm water

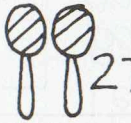
½ t.

Let dissolve, stir.

① Add:

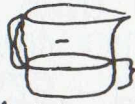
½ t.

②



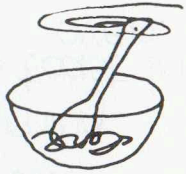
2T.

③



⅓ c.

Add half now.

④ 

Beat vigorously.

⑤

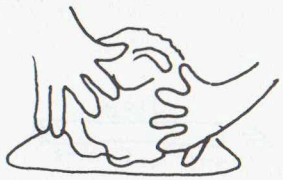
Use

½ t.

⑥ Sugar Mixture
1T. sugar
¼ t. salt
⅛ t. baking powder
⅛ t. soda

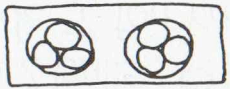
Add rest of flour slowly.

Stir vigorously.

⑦ 

Knead until smooth.

⑧ Butter fingers~
form 6 balls.
○○○○○○
Put 3 in each buttered muffin tin. (regular size)



Cover, rise 20 min.

⑨ Bake 400°~7 min.

more next page→

WHOLE WHEAT

Follow recipe but add:

2½ T. whole wheat flour ~ in step 7 in place of ½ white flour.

Brush top with egg white and sprinkle with wheat germ before rising. Bake.

- SNOWMEN ROLLS

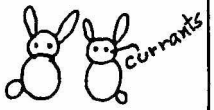
Make 6 balls. ○○○ ○○○

Make 2 snowmen.

- RABBITS

Divide dough ½ ½

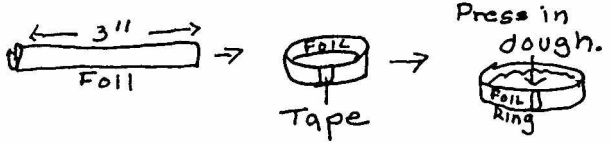
Make body, ears, + tail.



ENGLISH MUFFINS

Divide dough into 2 balls. ○○

Flatten, place inside 3" foil rings.

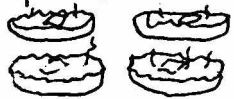


Sprinkle with cornmeal. Cover. Let rise 20 min.

Bake 325° ~ 12 min. each side ~ on lightly oiled griddle dusted with cornmeal.

Remove ring when turning.

Tear open, butter tops, toast in oven.



CORN MEAL MUFFINS

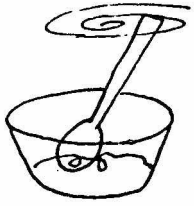
1.

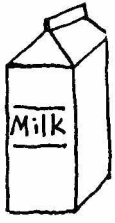
Use

2T.

Flour Mixture
- ⅔ cup sifted flour
- 2T. sugar
- 1½ t. baking powder
- ⅛ t. salt

2.
1T.

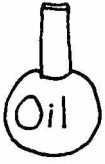
3. 
Stir

4. 

1T.

5.
beaten egg

½T.

6. 

2t.

7.
Stir just to moisten dry ingredients.

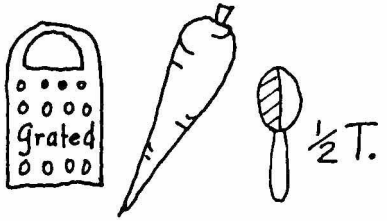
8.
Pour into 2 small lined muffin tins.*

Bake 400° about 13 minutes.

CORN MEAL MUFFIN VARIATIONS

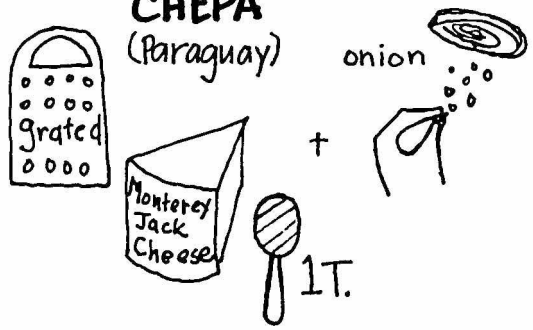
CARROT CORN BREAD

Add to batter:



CHEPA'
(Paraguay)

Add to batter:



LATIN AMERICAN CORN BREAD

Add:

ARABIAN CORN BREAD

Add:

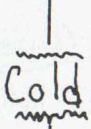
CREPES

2T.

1.

1T.

2.



1T.

3.

beaten egg

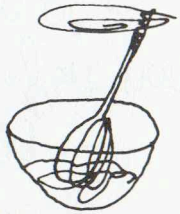
1T.

4.

melted

1t.

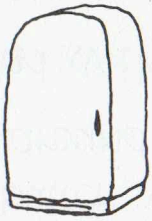
5.



Beat smooth with whisk.

6.

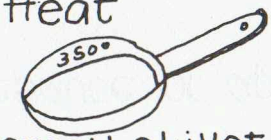
Let stand



2 hrs. in refrigerator.

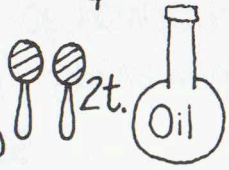
7.

Heat



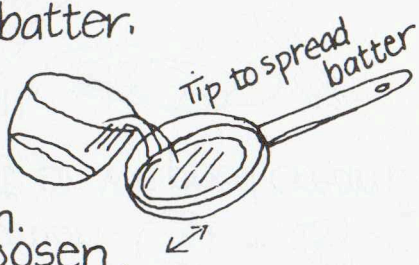
small skillet.

+



8.

Pour in ½ batter.

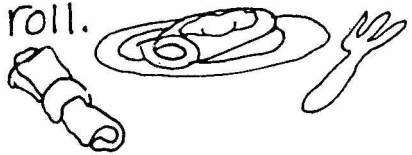


Cook 1 min.
Jerk to loosen.
Turn, cook ½ min. Remove.

9. Cook 2nd half of batter.

IDEAS FOR CREPES

- Roll or fold Serve with orange or maple syrup p. 96.
- Try butter, sprinkle of powdered sugar, cinnamon. P.S. + cin.
- Roll around fruit ~top with yogurt or whipped cream.*
- Spread with applesauce or apple butter, roll.



ZUCCHINI CREPES

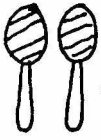
Pour <u>all</u> the batter into the pan.
Cook one side 1 min.
Put 1T. thin zucchini strips on top.
Turn over.
Cook 2nd side ½ min.

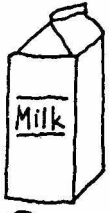
JEWISH BLINTZES

Mix 1T. dry cottage cheese
½ t. beaten egg
¼ cinnamon + ◊ vanilla + ¼ t. honey

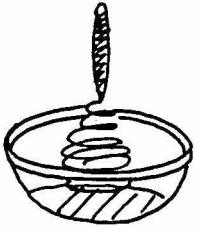
Spread filling on cooked side of crepe. Overlap sides and ends. Brown briefly, top with yogurt.

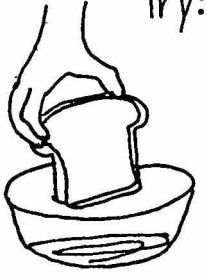
FRENCH TOAST

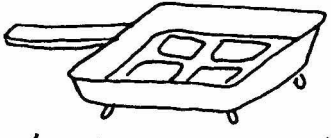
1.
beaten egg


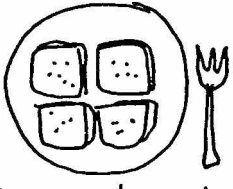
2. 

3.

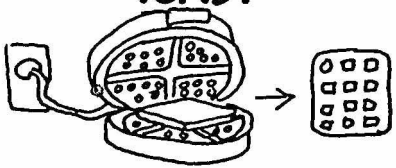
4. 
Beat

5. 
Try: Wholewheat
Raisin
White
French
Dip bread–whole or cut in ¼'s.

6. 325°

Sauté in butter until lightly browned on both sides.

7. 
Top with powdered sugar or a topping from p.96.

WAFFLED FRENCH TOAST



Make French Toast in a waffle iron.

ORANGE FRENCH TOAST

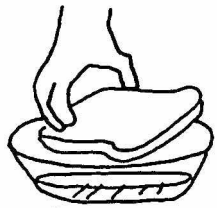
Substitute orange juice for milk.

Add:

+ pinch of orange rind

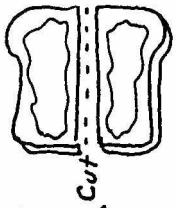
MAPLE FRENCH TOAST

p.72

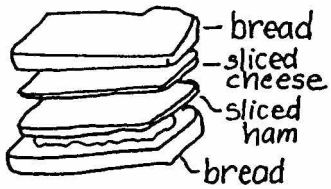


Whole wheat bread dipped in maple syrup + sauteéd in butter.

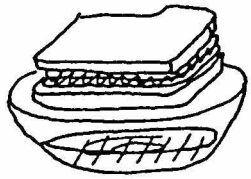
CROQUE MONSIEUR



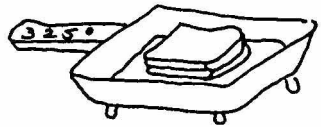
① Butter 1 side of bread slice.



② Make sandwich. Buttered sides of bread face in.



③ Dip sandwich in french toast batter.



④ Lightly brown in butter at 325° for 3 min. each side.

FRUIT MUFFINS

FLOUR MIXTURE
1 cup sifted flour*
1½ t. baking powder
⅛ t. salt
2 T. sugar

Use 2½ T.

① Sift flour mixture.

1t.

② Oil

1T.

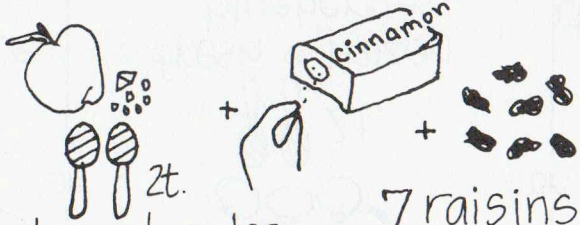
③ Milk

beaten egg

½ T.

④ Beaten egg

⑤ Stir to moisten mixture. Do not overmix.



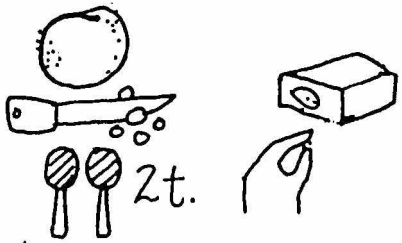
2t. chopped apples

7 raisins

⑥ Push fruit into batter without much stirring.

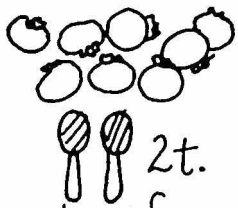
⑦ Pour into two paper-lined muffin tins*. Bake 400° about 13 min.

FRUIT MUFFIN VARIATIONS (Add in Step ⑤ of Basic Recipe)



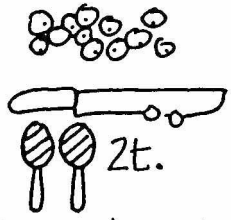
chopped peach + allspice

or

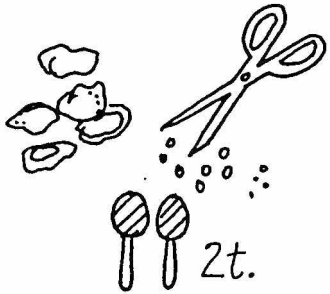


fresh or frozen blueberries

or

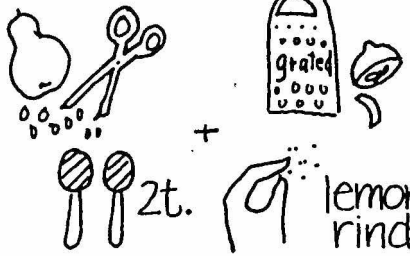


chopped cranberries + pinch orange rind + ½t. chopped nuts



finely cut dried apricots

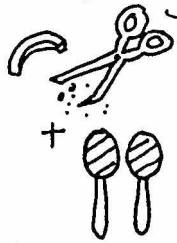
or



cut dried or fresh pears

or

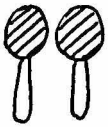
Use orange juice in place of ½T. milk



finely cut candied orange rind.

HUSH PUPPIES

① Use



2 T.

Cornmeal Mixture

1 c. cornmeal
1 t. baking powder
¼ t. salt
1 T. sugar

②

1 T.

③ beaten egg

½ T.

④

onion

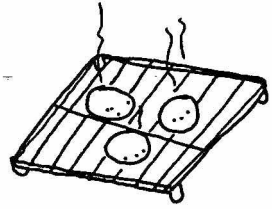
⅛ t.

⑤

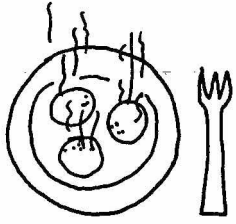
Stir
Let stand a bit for cornmeal to absorb liquid.

⑥ Drop by spoonfuls into hot fat.

Fry til brown on both sides ~ 3 min.

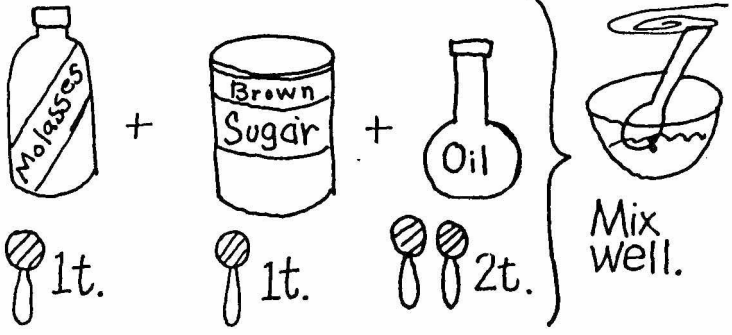
⑦ 

Drain on rack

⑧ 

Eat Hot.
Good just plain!

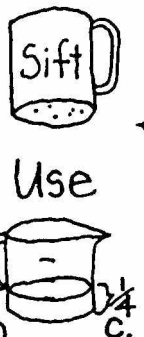
IRISH SODA BREAD



① 1t. molasses + 1t. brown sugar + 2t. oil. Mix well.

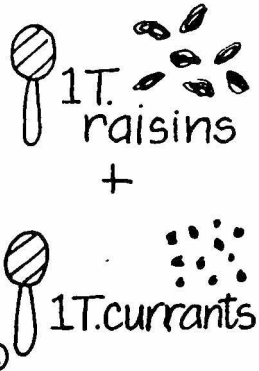
② beaten egg, 1t.

③ Butter Milk, 2T.



④ Sift. Use 2¼ c.

Flour Mixture
1 c. whole wheat flour
½ c. white flour
½ t. salt
¼ t. soda

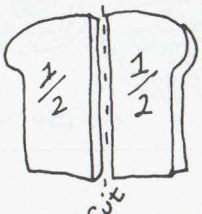


⑤ 1T. raisins + 1T. currants

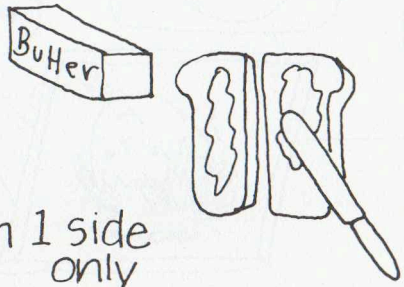
⑥ Mix

⑦ Bake in lined mini mold.*
375° 25~30 min.
Cut in wedges.
(or bake in 2 regular sized muffin tins.)

IRONED SANDWICH

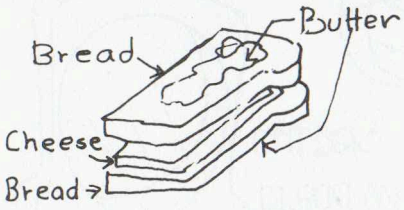


① whole wheat or white bread.

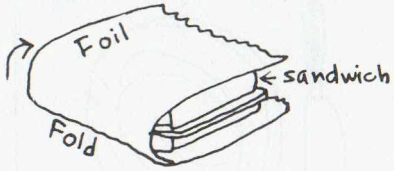


② on 1 side only

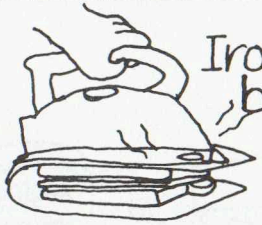
③ 1 slice



④ Make sandwich- buttered sides out.

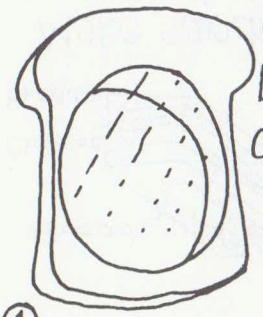


⑤ Fold foil over sandwich.

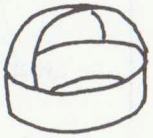


⑥ Iron on both sides, until cheese melts+ bread is brown.

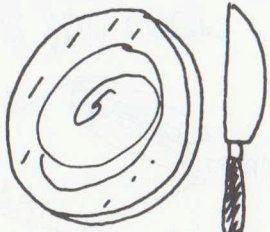
SANDWICH FUN



Cut circle from bread with cooky cutter.



1.



2. Use whole wheat bread.

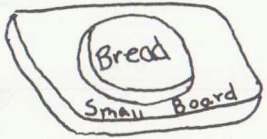
Spread with:

or

Look in mirror.

Make your face.

Table set up.



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____	09425	**Teacher's Guide only**
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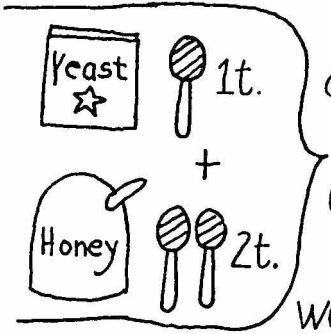
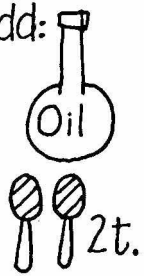
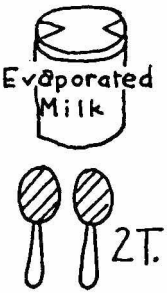
MILK AND HONEY BREAD



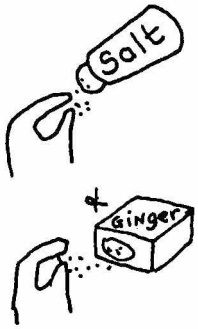
① Yeast + Honey



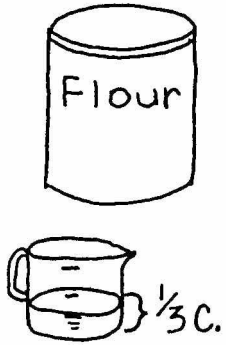
② Add: Oil



③ Evaporated Milk



④ Salt & Ginger

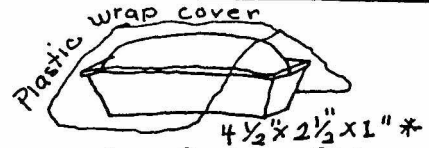


⑤ Flour, ⅓c.

⑥ Stir vigorously until dough becomes elastic.

⑦ Add just enough to form ball.

⑧ Knead* for 5 min. on lightly floured board.



⑨ Shape loaf to fit buttered pan. Cover, let rise 25 min. Bake 350° – 18 min. Remove, cool on rack.

MILK AND HONEY BREAD VARIATIONS

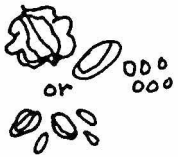
Knead in any of the following:

6 raisins

or

1t. chopped dried fruit

or



1t. chopped nuts or sunflower seeds or sesame seeds

or

1t. sprouted wheat berries *

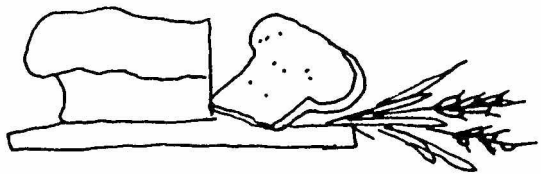
MILK AND HONEY BREAD

5¾" x 3¼" x 2" Loaf Size

Mix as directed on front:

2 t. yeast
1 scant T. honey
3 T. warm water ~105°
1 scant T. oil
⅓ c. evaporated milk
¼ t. salt
pinch ginger
¾ c. flour
⅓ c. whole wheat flour

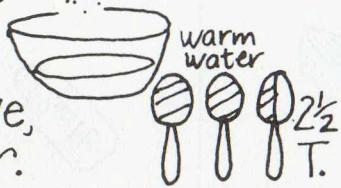
Let rise 30 min. under saranwrap tent.
Bake at 350° for 25-30 min.



PITA~ ISRAELI FLAT BREAD

Sprinkle on:

½t.



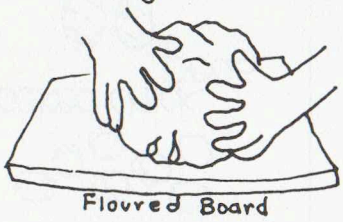
Let dissolve, stir. ①

②

③ Add slowly.

Beat vigorously. ④

oiled fingers



Knead 4 min. ⑤

Flatten dough into 4" ○. Cover. Let rise 25 min. ⑥

Bake 475° 12~15 min. Eat hot or cold with butter, sandwich filling, or Hummus Bi Tahina. ⑦

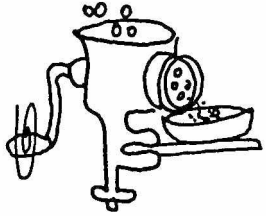
(see next page)

HUMMUS Bi TAHINA

cooked chick peas

2T.

①



Grind

②

Add:

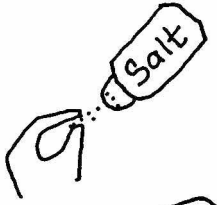
toasted sesame seeds

1t.

③

2 drops garlic

④



⑤

lemon juice

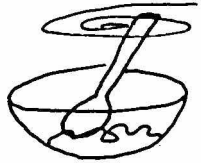
½T.

⑥

½T.

or 1T. sesame Tahini.*

⑦



Mix well.
Good with Pita, celery, or lettuce.

⑧

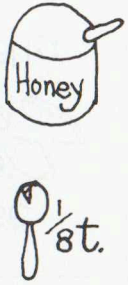
PIZZA-DOUGH

Sprinkle yeast on water. Dissolve. stir.

①

Stir in:

②



③

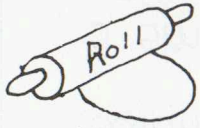
④

Knead 3~5 min.

⑤

Cover dough. Let rise 20 min.

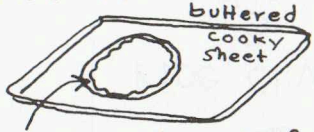
⑥



into 4" circle.

⑦

Place on:



Turn up edges to form rim.

Cover with toppings.

(see next page)

⑧ Bake 450° 8~10 min.

PIZZA~TOPPINGS

Spread on top:

marinara sauce (or tomato sauce)

2t.

①

Add what you like:

pepperoni

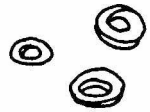
3 slices

②

salami

3 small pieces

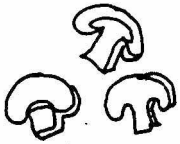
③



ripe olives

3 slices

④



mushrooms

3 "T" slices

⑤

onion

4 small pieces

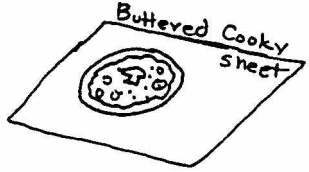
⑥

cheese

mozzarella

5 thin slices

⑦



Ready to bake!

Note: Refrigerator biscuits may be used for dough.

⑧

PUMPKIN PUFFS

1T.

①

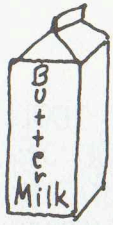
beaten egg

1t.

②

1t.

③

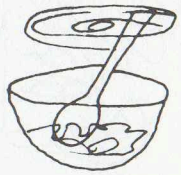


2t.

④

1T.

⑤



Stir thoroughly.

⑥

Use

2T.

⑦

Flour Mixture
1¼ c. flour, sifted
1 t. soda
⅛ t. salt
¼ t. allspice
¼ t. cinnamon
¼ t. cloves

raisins

½T.

⑧

nuts, chopped

½T.

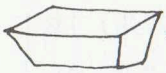
⑨

Stir just to moisten flour.

Bake in 2 small lined muffin tins*
375°, 15~18 min.

⑩

PUMPKIN BREAD

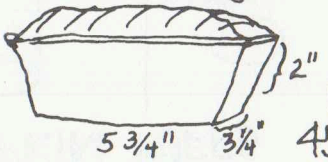


4½"×2½"×1"*

1 T. egg
1 T. oil
1½ T. brown sugar
1½ T. white sugar
1 T. buttermilk
⅓ c. flour mixture
3 T. pumpkin
1 T. raisins
1 T. chopped nuts

Bake at 350° ~ 30 min. Test.

Double recipe for large loaf.



Bake 45 min.

p. 86

- Try half whole wheat flour.
- Try dates in place of raisins.

- Try sunflower seeds in place of nuts.

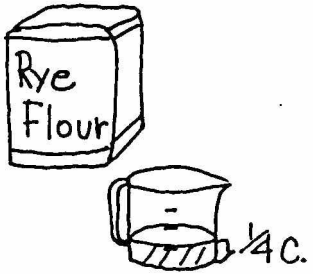
Serve with:

toasted pumpkin seeds,
Halloween punch:
¼ c. ginger ale
¼ c. apple juice
float orange slice on top

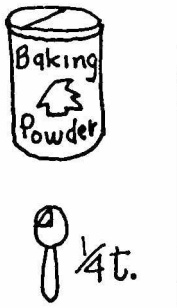
PIONEER HOTCAKES

1. Flour
   ½T.
2. Corn Meal
   1T.
3. Baking Soda
   1/16t.
4. Sour Cream
   2T.
   (or yogurt)
5. beaten egg
   ½T.
6. Molasses
   1/8t.
7. Stir
8. Bake on lightly buttered griddle
   375°
   Serve hot with butter, maple syrup p. 96

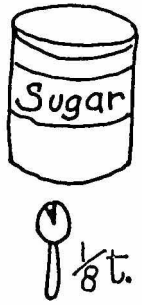
RIESKA (FINNISH RYE)



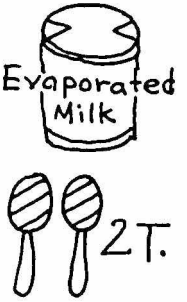
1.



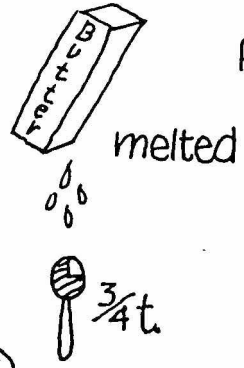
2.



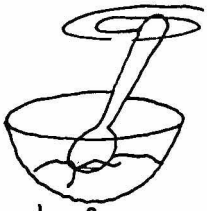
3.



4.



5.



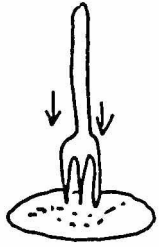
Mix to form a smooth batter.

6.

Oiled fingers

Press into 4"

7.



Prick top.

8.

Bake 10 min.

Eat hot with butter.

9.

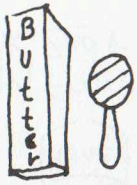
SOURDOUGH BISCUITS

Flour Mixture
1c. whole wheat flour
1c. white flour
2t. baking powder
1T. sugar
½t. salt

Use

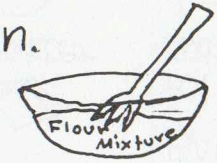
¾c.

1.

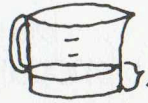


1T.

cut in.



2.



¼c.

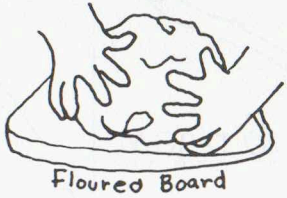
3.

Optional:

raisins

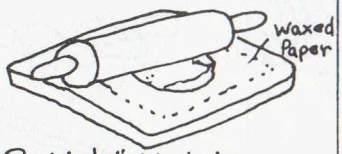
1T.

4.



Knead gently.

5.



Roll ½" thick,
Cut.

6.

Buttered Cooky sheet

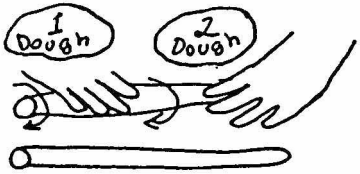
Bake 425°
7~10 min.

Good hot with
butter + honey.

7.

SOURDOUGH TWISTS

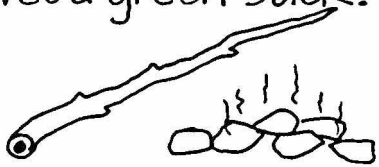
(use Sourdough, Baking Powder, or Bran Biscuit Dough)



Divide dough~ roll ropes.

①

Wet a green stick.



Heat over coals.

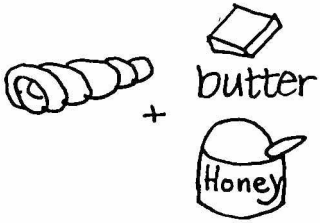
②

Dip stick in flour + wrap dough on end.

③

Cook over coals
or
Hibachi

④



Remove dough from stick. Eat. Cook 2nd half.

⑤

BAKING POWDER BISCUITS

Follow sourdough recipe substituting:

½T. butter for 1T. butter

1T. milk + 2t. egg for sourdough starter.

Makes 4 OOOO.

⑥

TORTILLAS

3T.

①

warm water

2T.

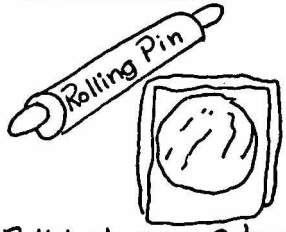
②

Stir

③

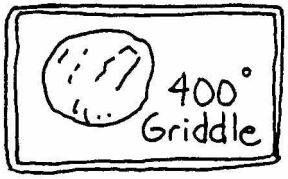
Form smooth ball.

④



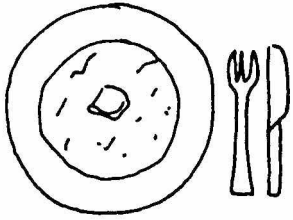
Roll between 2 damp cloths into 6" circle, or use tortilla press.*

⑤



Bake about 2 min. Turn frequently.

⑥



Eat hot with butter.

⑦

Optional: serve with Nachos (tid bits):

Thin slices of Jicama

Monterey Jack cheese

California Long Green Chiles

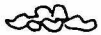
TACOS

Use warm, soft tortillas to wrap around filling.

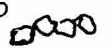
Or use Crisp-fry:

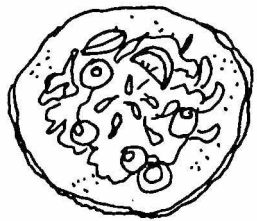
Fry in ½" hot oil - 350°
until crisp - leave open or
hold folded.

FILLINGS:

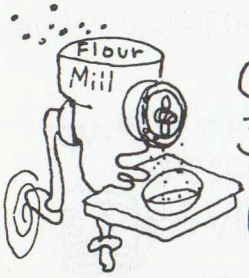
Refried beans
Scrambled eggs 
with chile powder, cumin
Shredded cooked chicken.
Ground beef - sauteed + onion
+ enchilada sauce.

TOPPINGS:

shredded lettuce
chopped green onions
chopped radishes 
chopped tomatoes
shredded cheese
sliced avocado
sliced olives



WHEATBERRY PANCAKES



Grind 3 times.

1T. wheat berries*

1.

Measure:

Wheatberry flour 2t.

2.

Use 1 t.

Flour Mixture
⅓ c. white flour
2 t. baking powder
1 t. soda
2 t. sugar
¼ t. salt

3.

1T.

4.

beaten egg

1t.

5.

¼ t.

6.

Stir

7.

Bake on griddle.

Turn when bubbles appear. Serve hot.

See p. 96 for toppings.

8.

WHEATBERRY PANCAKE VARIATIONS

- APPLE - add ½T. chopped apple + pinch cinnamon + ½t. sunflower seeds.
- BLUEBERRY - 6-8 berries
- ORANGE - ½T. orange juice for ½T. buttermilk + ½t. orange rind + ½t. sesame seeds.
- PEANUT BUTTER - ½T. peanut butter.
- GRANOLA - ½T. granola
- FRANKFURTER - lightly brown 4 thin slices on griddle, pour batter on top.

DUTCH RAISIN PANCAKE:
"Drie in De Pan"
add 1t. raisins
½t. sunflower seeds

HAWAIIAN PANCAKE:
add ½T. chopped banana or drained, crushed pineapple
½t. coconut meal*

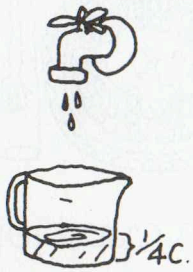
Note -
2t. whole wheat flour may replace wheatberry flour.

WHOLE WHEAT WAFFLE

1.

Add to egg yolk:

2.



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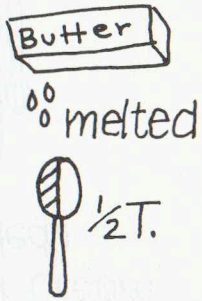

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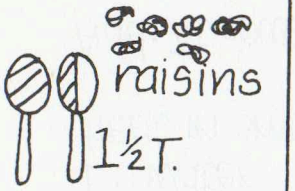
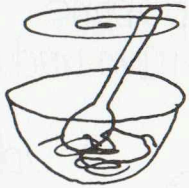


5.

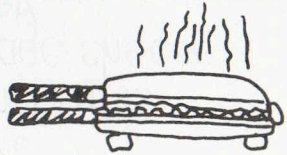


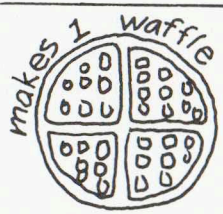
Stir

6.

Fold in egg white.

7.



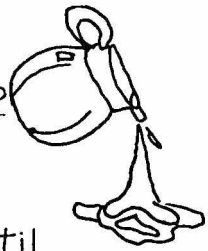


Bake in pre-heated waffle iron 5 min., or until waffle stops steaming.

Toppings—next page.→

8.

WAFFLE TOPPINGS

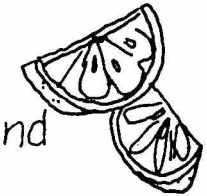


BROWN SUGAR SYRUP

2 T. brown sugar
1 T. water
Heat in small pan until sugar dissolves.
Add: 2 t. butter + drop vanilla.

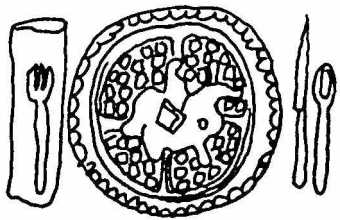
ORANGE SYRUP

1 T. orange juice
1 T. honey
1 t. butter
½ t. grated orange rind
Stir, heat, serve.



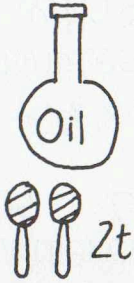
OTHER TOPPINGS:

Applesauce
Yogurt
Fresh fruits
Cottage cheese
Honey
Honey + sweet or sour cream
(equal parts blended)

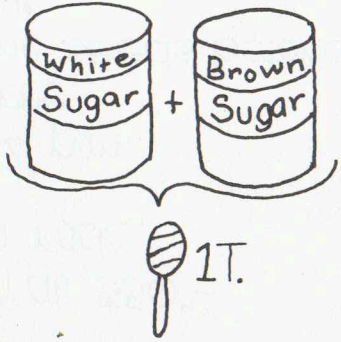


ZUCCHINI MUFFINS

①

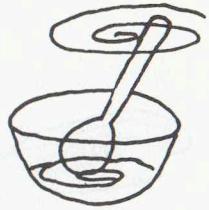


②



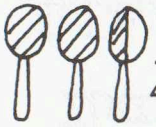
③

④



⑤

Flour Mixture
1½c. sifted flour
½t. soda
⅛t. baking powder
¼t. salt
1½t. cinnamon



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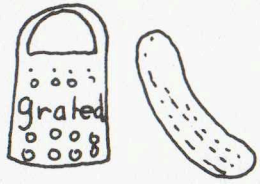

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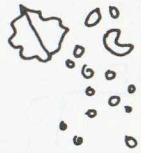


⑧

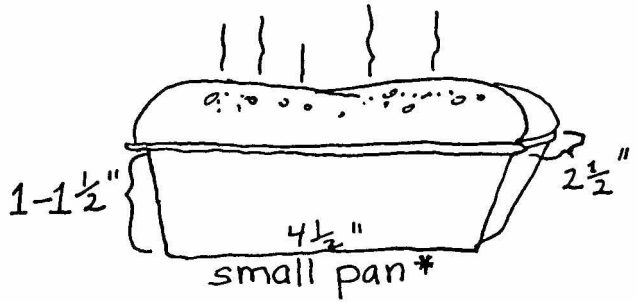
Stir to mix.

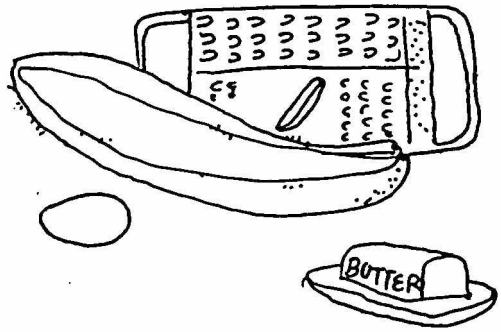
Bake in 2 small lined muffin tins,*
375° 13-15 min.

⑨

ZUCCHINI BREAD

1 T. egg
2 T. oil
1½ T. white sugar
1½ T. brown sugar
¼ t. vanilla
6 T. flour mixture
4 T. grated zucchini
1 T. chopped nuts
Bake in buttered pan at 350°- 30 minutes. Cool on rack.





- Double for 5¾" × 3¼" × 2" pan. Bake 45 minutes or more.
- Sprinkle with sesame seeds before baking.
- Try ½ whole wheat flour.

AFRICAN MEAT BALLS – DOUGH

① Flour + Corn Meal

1T. + ¾t.

½T.

Stir

② Shortening ½t.

Cut in.

③ beaten egg

1t.

④ ½t.

(only as much as needed.)

⑤ Mix

⑥ Form 2 balls. (1) (2)

Flatten

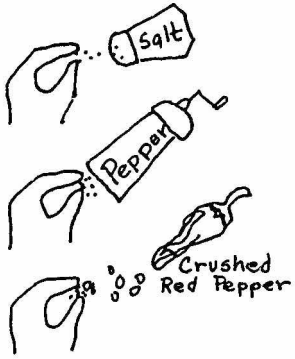
←3"→

⑦ Ready for meat filling.

(Back of page.) →

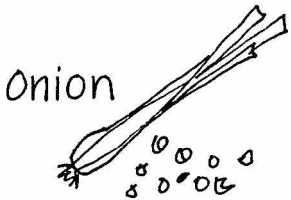
AFRICAN MEAT BALLS ~FILLING

1. ½ T.



2.

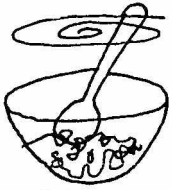
3. green pepper, minced



p. 100

4. chopped

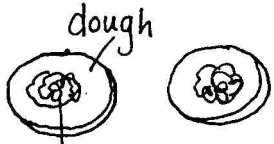
⅛ t.



5. Mix

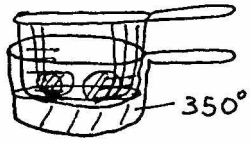
Form 2 balls.

1 2



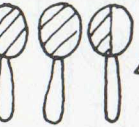
6. Place 1 meat ball on each dough circle.

7. Fold dough to make round package. Pinch closed.



8. Fry til brown, 3-4 min. Eat warm.

ARMENIAN MEAT TARTS (Missov Boerg)

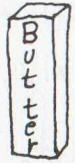


+

→

Stir together.

①

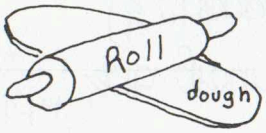


Cut in.

②

Enough to make soft dough.

③



1/16" thick

Oblong shape

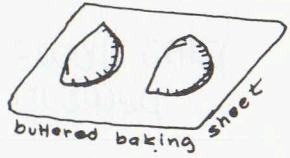
④

Put filling on each.

⑤

Press edges.

⑥



Bake 400°
12~15 min.

Filling next page. →

⑦

ARMENIAN MEAT TARTS

Meat Filling ~ Group Portion

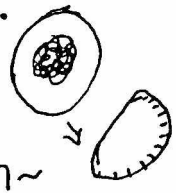
Saute: chopped ½ onion in 1T. oil til soft.

Add + cook: ¼ lb. ground lamb.

Add:
- ½ chopped, peeled tomato
- ¼ t. salt + oregano
- 1 T. pine nuts + chopped parsley
- Pepper

Cook 10 min at low temperature.
Stir occasionally, cool.

Use in tarts-step ⑤ ~ 1 t. per tart.



Enough for 15 children ~ 2 tarts each.

Cheese Filling (Panir Boereg) p.102

Group Portion

1 beaten egg +

½ c. Cottage Cheese drained small curd +

¼ c. Grated + Feta Cheese +

2T. minced parsley

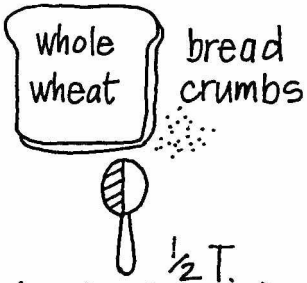
Mix.

Use instead of meat filling ~ step ⑤.

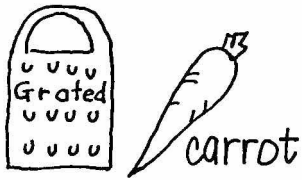
Makes 30 tarts.

BAKED BEAN PATTY

1. 1T.

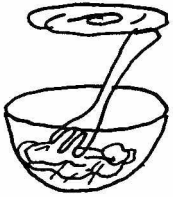


2. ½ T. (or wheat germ)



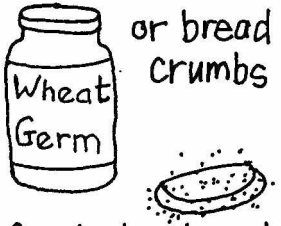
3. ½ T.

4. onion, chopped ½ t.

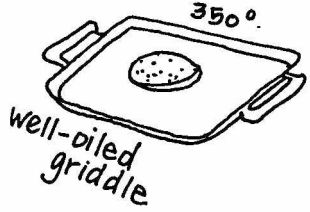


5. Mix

6. Shape into 1 patty.

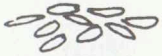


7. Coat both sides of patty.



8. Cook 5 min. per side.

BROWN RICE BURGERS



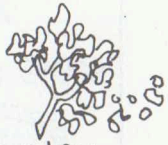
cooked brown rice

1. 2T.

carrot

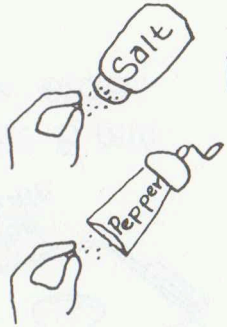
2. 2T.

3. 1/8t.



parsley, minced

4. 1t.



5.

6. 1t.

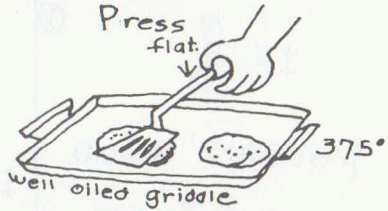
beaten egg

7. ½T.

Mix

Shape 2 patties.

8.



Bake 2 min. per side.

Eat hot or cold.

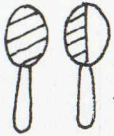
9.

"3" CHEESE SOUFFLE

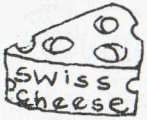
1. beaten egg

1T.

2.


1½ T.

3.

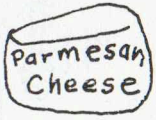


1T.

4.

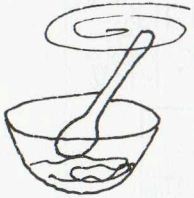
1T.

5.



1T.

6.

7.

Stir

8. Spoon into buttered

baking dish
Bake 450°
12 min.

FONDUE

1t.

1. Melt in fondue pot.

1t.

2. Add, stir.

⅓ c.

Add slowly.
Stir constantly, til smooth.

3.

½ c.

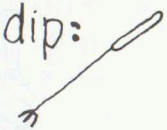
Stir til cheese melts.

4.

dash

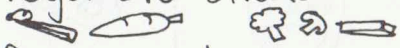
5.

Use fondue fork to dip:

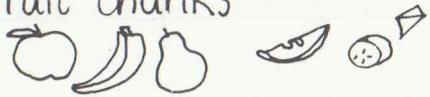


French bread cubes

vegetable sticks



fruit chunks



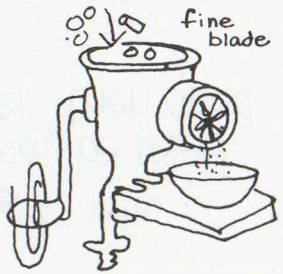
6.

FALAFEL

chick peas △ 3T.

+ 1" piece of onion

Grind



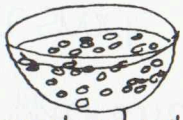
① chick peas △ 3T. + 1" piece of onion → Grind

beaten egg ½t.

② beaten egg ½t.

lemon juice ⅛t.

③ lemon juice ⅛t.



cracked wheat soaked △ 2t.

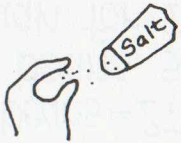
④ cracked wheat soaked △ 2t.

garlic

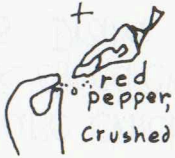
crushed

2 drops

⑤ garlic, crushed, 2 drops



+



⑥ Salt + red pepper, crushed

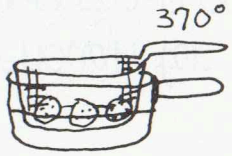
Mix well.

⑦ Mix well.

Form 3 balls.

Roll in whole wheat flour.

⑧ Form 3 balls. → Roll in whole wheat flour.



Deep fry 1½ min.
Drain.

△ See next page. →

⑨ Deep fry 1½ min. Drain. △ See next page. →

FALAFEL

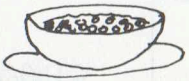
△ To prepare chick peas:
Wash, soak dried chick peas 12~24 hrs. Drain.

3T. soaked beans = 2T. bean pulp ground
1 c. dried beans soaked will yield enough for 12 children.

Canned garbanzos may be used. Drain, rinse with water, then grind using a fine blade.

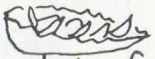
△ To prepare cracked wheat:

Soak bulgur wheat 12~24 hrs. Drain.



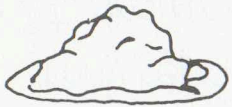
¼ c. soaked will yield enough for 12 children.

Note: Falafel are as popular in Israel as hot dogs in U.S.A.
· Try inside Pita bread with shredded lettuce + chopped tomato.



Can be eaten plain for a snack.

MEAT LOAF



ground meat

2T.

① ② ③ ④ ⑤ ⑥

1T.

onion, minced

⅛t.

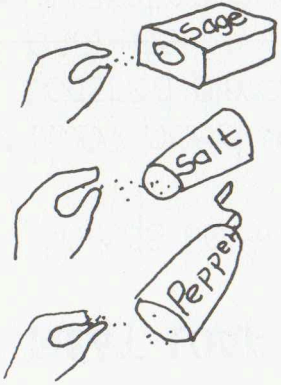
beaten egg

1t.

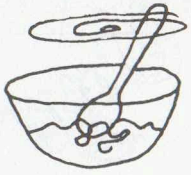
1t.

tomato sauce

1T.



⑦



Mix

⑧

1t.

Place meat in oiled regular size muffin cup.

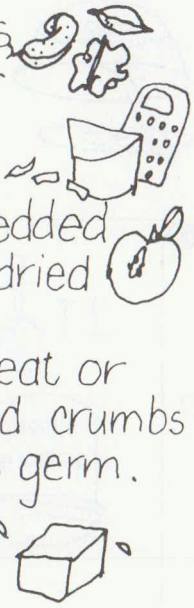
Top with tomato sauce, toasted dried onions, or sesame seeds.

⑨ Bake at 350°-20 min.

MEAT LOAF VARIATIONS

Things to Add:

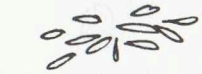
- 1t. chopped walnuts, toasted almonds or peanuts.
- 2t. grated cheese
- 1 t. chopped or shredded apples or chopped dried apricots.
- Soaked cracked wheat or whole wheat bread crumbs may replace wheat germ.
- 2t. drained tofu.*



Meat Amounts—Hints!

- 1 pound ground beef = 2 cups = 32 T.
- 1 pound boneless chuck or bottom round = ¾ to 1 pound when ground by children.
- Use old-fashioned hand meat grinder with fine blade.

PEANUT BUTTER CHOPS



cooked brown rice

2T.

1.

1T.

2.

1T.

3.

beaten egg

1t.

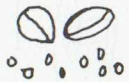
4.

onion

5.

½t.

6.

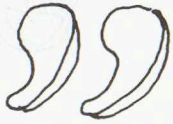


chopped peanuts

1t.

7.

Mix
Shape 2 chops.

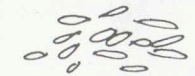


8.

Brown on both sides.
Eat warm.

9.

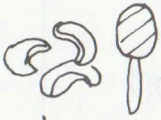
RICE-NUT STEAK (Pahkina-Paisti, Finland)



cooked brown rice

1T.

1.



1T.

cashews

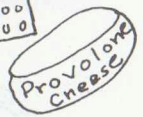
+

walnuts

1T.

2.

Grind.



1T.

3.

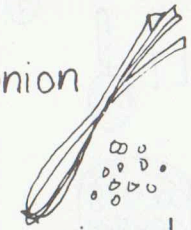
4.

beaten egg

1t.

5.

onion



minced

⅛t.

6.

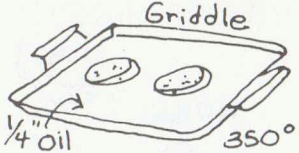
Mix

7.

Shape 2 patties.

Dust with whole wheat flour.

8.



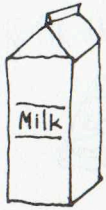
Fry 2 min. per side.

Eat warm.

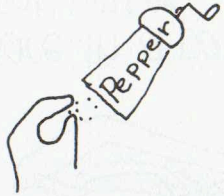
9.

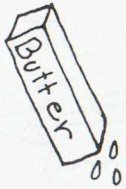
QUICHE LORRAINE FILLING

1. beaten egg
   1½ T.

2. 

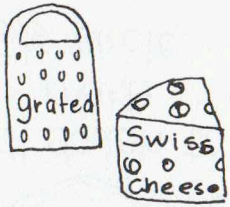
   2 T.

3. 

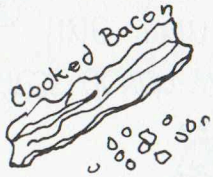
4. melted 

   ½ t.

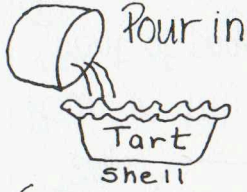
5.
   onion, chopped, sauteed
   ½ t.

6. 

   1 T.

7. 

   crumbled
   ½ t.
   Stir

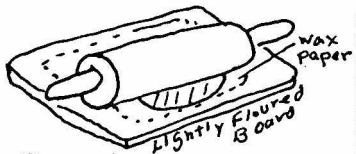
8. Pour into:
   

(see next page→)
   Bake 400°~til puffed +set~18 min.
   Eat warm.

QUICHE LORRAINE CRUST

P. 114

Make Armenian Meat Tart Dough.
① p.101



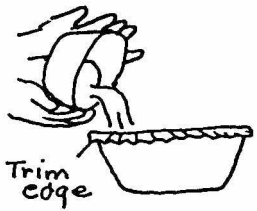
Roll dough to make 5½" circle.
②

Lift

to

*

Press dough well to line pan.
③

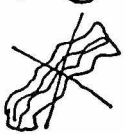


Pour in filling. (Front of page.)
④

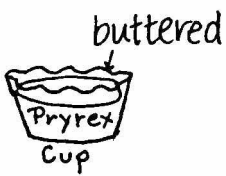
CHEESE CUSTARD VARIATION

In filling recipe:

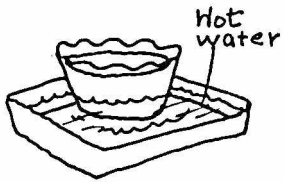
Omit:
onion
+
bacon



⑤

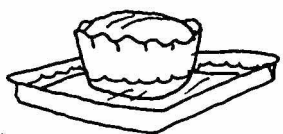


Pour in Quiche filling.
⑥



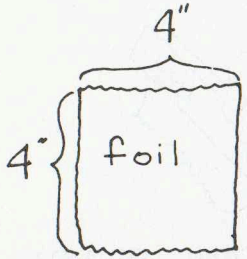
Place in a pan of hot water.
⑦

Bake 350°~18 min.



til puffed + set.
⑧

SILVER WRAPPED CHICKEN ~Chinese



1.

1 piece of marinated chicken

2. (next page)

1 piece ham

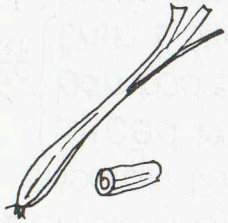
3.

1 slice mushroom

4.

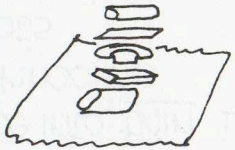
1 bamboo shoot

5.



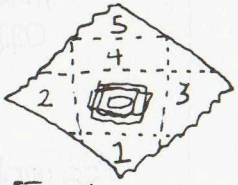
1 piece onion

6.

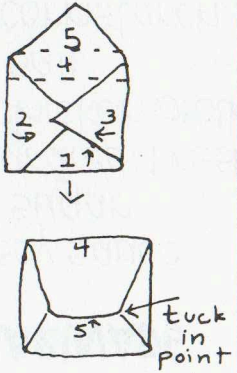


ready to wrap

7.



Fold on lines to form a sealed envelope.



Bake 450° 6 min. Unwrap. Eat warm with

or

8.

SILVER WRAPPED CHICKEN

Supplies for 25 children:

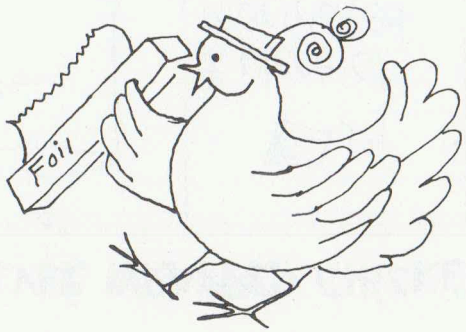
2 chicken breasts (freeze til firm enough to slice into thin 1" squares)

½ c. each
- sliced mushrooms
- bamboo shoots
- thin 1" slices ham or prosciutto

1 bunch green onions ~ cut into small pieces

fresh ginger root*

Foil cut into 4" squares

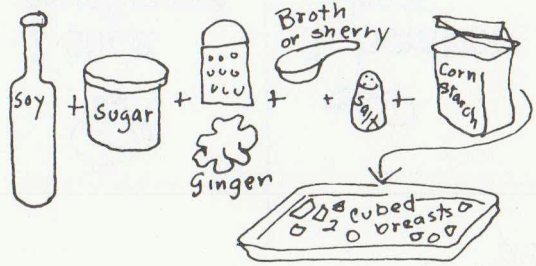


MARINADE

p. 116

2 T. soy sauce
½ t. sugar
¼ t. grated fresh ginger
1 T. chicken broth (or sherry)
¼ t. salt
1 t. cornstarch

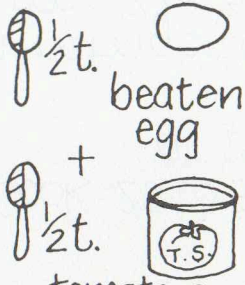
Marinate chicken squares for 30 min.



SOY BURGERS

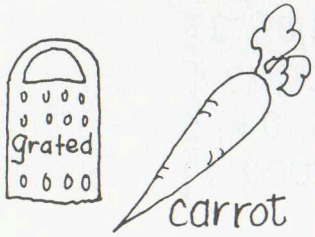
1.

2.

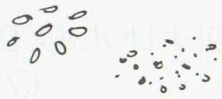


3.

4.

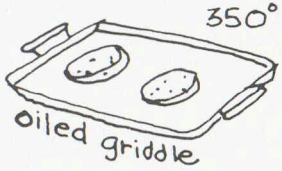


5.



6.

7.



8. How to cook beans. →

HOW TO COOK SOY BEANS

Pressure Cooker:

1 c. beans (soak 2 hrs., discard soaking water.)
3 ¼ c. water
1 chopped onion + lemon wedge
1 t. salt

optional:
- 3 T. unsulphured molasses
- 1 T. sesame oil
- ¼ t. ground cloves
- ¼ t. cinnamon

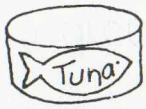
~Cook 25 to 30 minutes at 15 pounds.

Covered Sauce Pan:

Soak beans overnight in refrigerator. Discard water.
Add above ingredients + cook 2 or 3 hours or until tender.

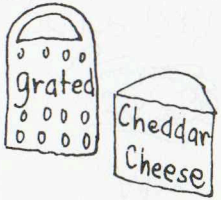
TOFU BURGERS

1. 1T.



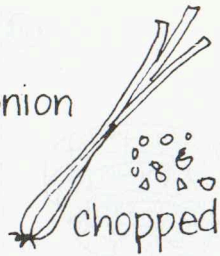
or Bonita

2. 1T.



3. ½T.

4. ½t.

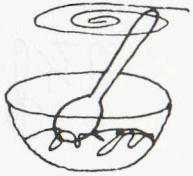


5. ¼t.

beaten egg

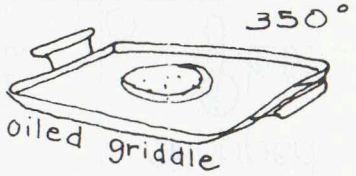
6. ½t.

7. ¼t.



Mix well. Shape patty, coat with sesame seeds.

8.



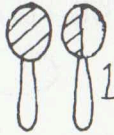
Bake 3~4 min. per side.

- Try cooked, mashed soy beans or ground meat for tuna.

9.

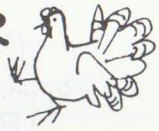
TURKEY BURGER

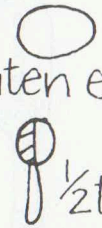
ground turkey*



1½T.

1.





beaten egg

½t.

2.

onion

chopped

½t.

3.

½t.

4.

mushroom, chopped

½t.

5.

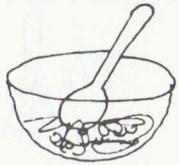
½t.

6.

fresh ginger juice

3 drops

7.



Mix

Shape patty.

8.

Bake 5 min. per side.

9.

To serve:

10.

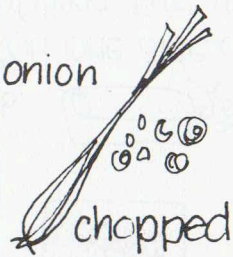
WON TON SHRIMP

shrimp, chopped 1t.

①

parsley, minced ⅛t.

②



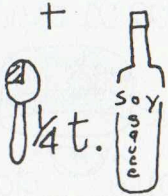
onion chopped ⅛t.

③

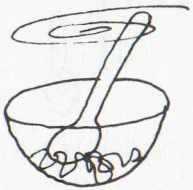
water chestnut chopped ⅛t.

④

fresh ginger 2 drops + ¼t.



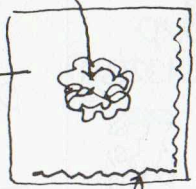
⑤



Mix lightly.

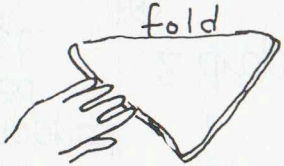
⑥

Shrimp mixture



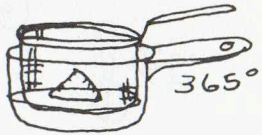
Moisten 2 edges.

⑦



Press edges to seal.

⑧



Deep fat fry 1~2 min.

Drain, eat warm.

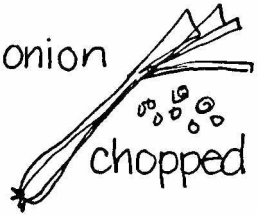
⑨

BOILED WON TONS

chicken breast

finely chopped

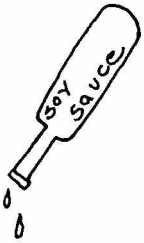
1t.
(orground beef) ①

onion

chopped

⅛t. ②

frozen, chopped drained

¼t. ③



2 drops ④

beaten egg

½t. ⑤

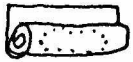
¼t. ⑥

Stir with fork. ⑦

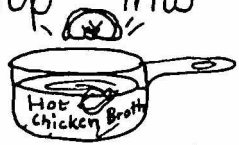
won ton
Make two!
a.

b.

Roll one side over filling, tuck under. ⑧

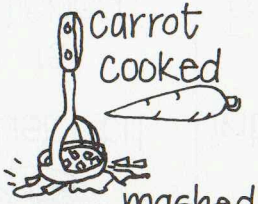
c.

Roll up in a tube to ½" from edge.

Pull end around, overlap, pinch.

Drop into


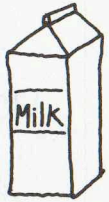
Bring to boil. Lower heat + simmer 15 min. serve with a little broth. ⑨

CARROT CUSTARD

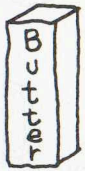
1. 

2T.

2. beaten egg
½T.

3. 

1½T.

4. 

½t.

5.

¼t.

6.

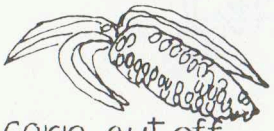
1t.

7.

2T.

8.
Stir
Bake in buttered custard cup.
12-15 min. 350°
Serve warm.

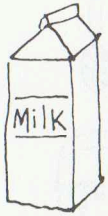
CORN FRITTERS



corn, cut off cob

2 T.

①



½ T.

②

beaten egg

½ t.

③

Flour Mixture

¾ c. flour

1 t. sugar

¼ t. salt

2 t. baking powder

Use 1 T.

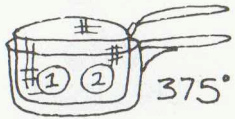
④

Stir just til flour is moistened.

⑤

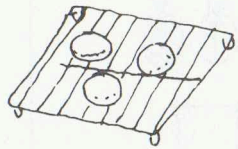
Drop by spoonful

into hot fat.



Fry 3~4 min.

⑥



Drain on rack.

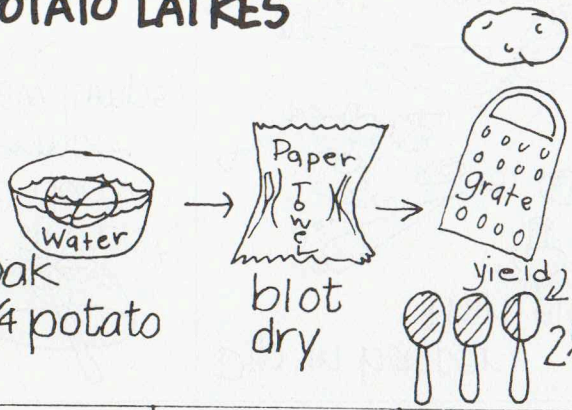
⑦

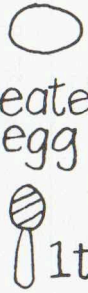
Dust with powdered sugar.

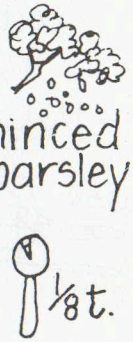
Eat warm.

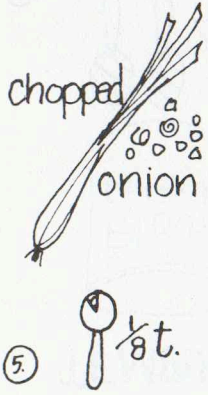
⑧

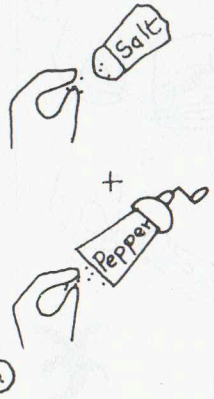
POTATO LATKES

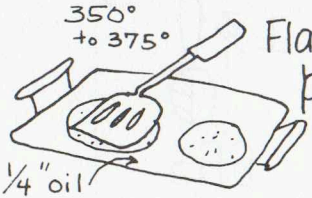












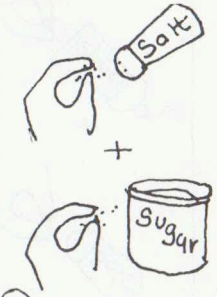
Flatten to form thin pancakes. Fry 'til crispy brown... 2~3 min. each side.

Eat hot with applesauce + cinnamon. Try yogurt or sour cream.

⑧

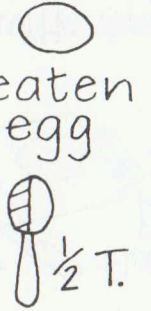
TEMPURA

1.

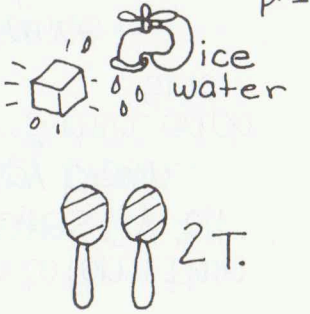


2.

3.



4.



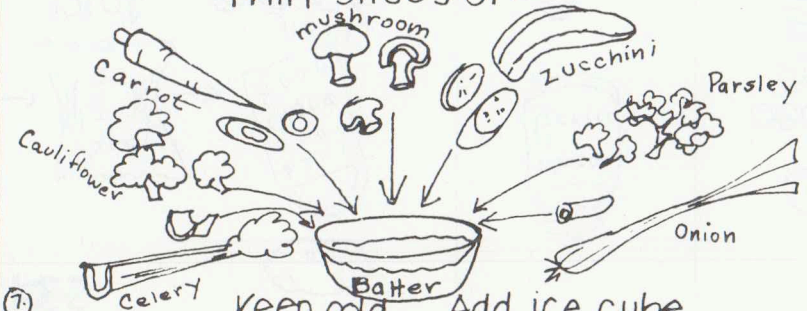
5.

Stir til moist, but don't overmix~ A few lumps O.K.

6.

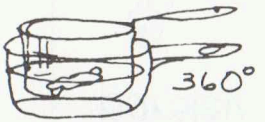
Dip in batter:

Thin slices of~



Keep cold. Add ice cube.

7.



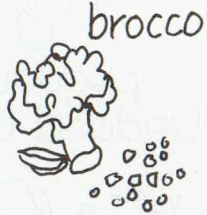
Fry til puffed + brown, 2~3 min. Drain, eat warm.

8.

VEGETABLE CONFETTI

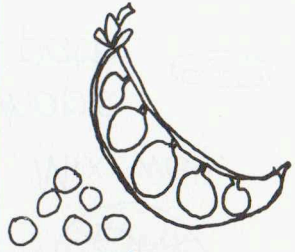
1 stick cut

①



1 small piece cut

②

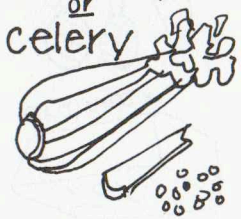


peas from a pea pod

③

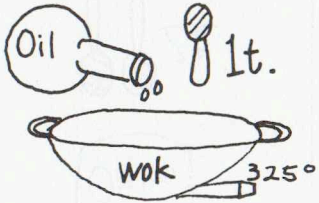
1 slice cut

④



1 small piece cut

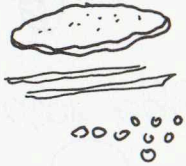
⑤



Stir fry vegetables 1 min.

⑥

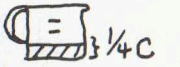
add:
thin pre-cooked omelet



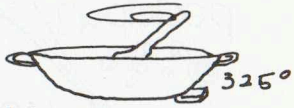
2 strips cut

⑦

add:



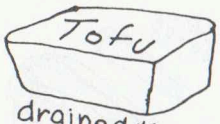
cold pre-cooked brown rice

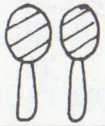


Stir fry 1 min. Serve warm.

⑧

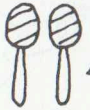
VEGETABLE PATTIES





2T.

1.



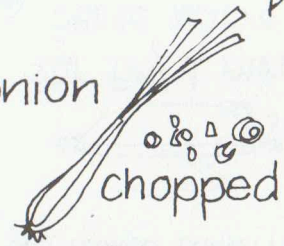
2t.

2.

beaten egg

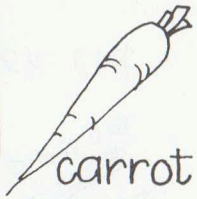
½T.

3.



½T.

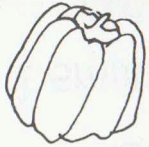
4.



carrot

½T

5.



green pepper, chopped

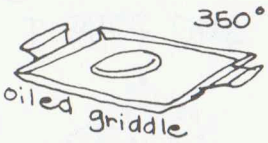
1t.

6.

Mix well.

Shape 1 patty.

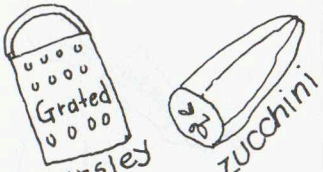
7.

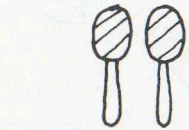


Cook 2 min. each side. Sprinkle with soy sauce.

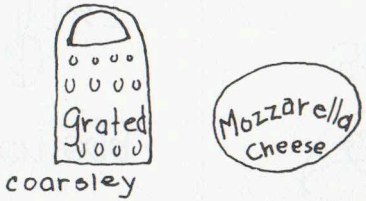
8.

ZUCCHINI FRITTERS





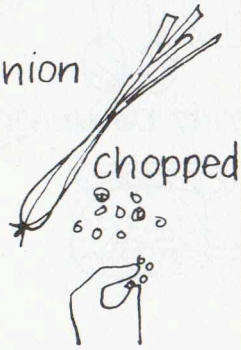
① p. 129



②

③

④



⑤

Use

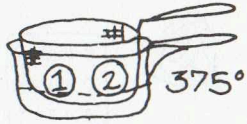
⑥

Flour Mixture
¾ c. flour
¼ t. salt
dash pepper
2t. baking powder

Stir just til flour is moistened.

⑦

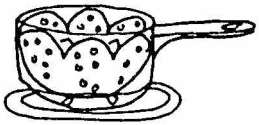
Drop by spoonful into hot fat.



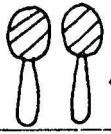
Fry about 3 min. Drain, eat warm.

⑧

ZUCCHINI QUICHE

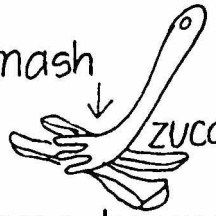


Steamed zucchini



2T.

1.



some lumps O.K.

2.

2T.

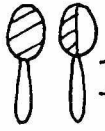
3.

onion

4.

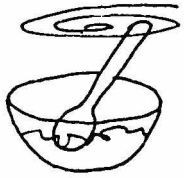
5.

beaten egg



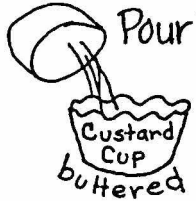
1½T.

6.



Stir

7.



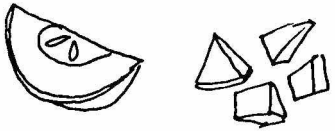
Bake 350°
15 min.

Eat warm.

8.

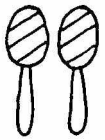
ALASKAN CRANBERRY RELISH

1. unpeeled orange, cut 1 piece



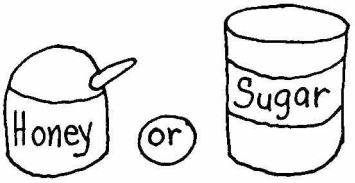
2. unpeeled apple, cut 1 piece

3. cranberries



2T.

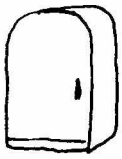
4. Grind



2t. Stir in.

5.

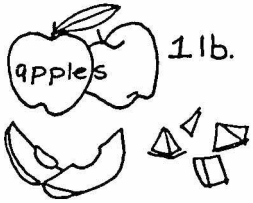
Refrigerate



Fun to take home in small lunch cup at holiday time.

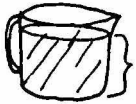
6.

APPLE BUTTER

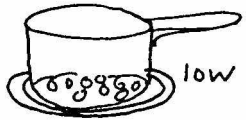


Core + cut.

①

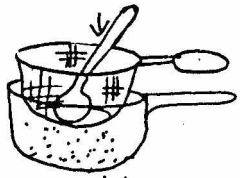


②



Simmer til soft ~ 30 min.

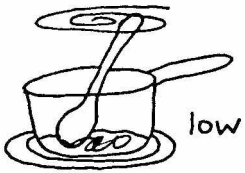
③



Press thru sieve.

④

Stir often.



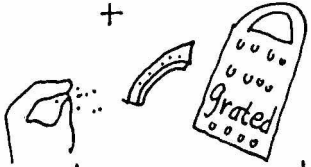
Cook 30 min.

⑤

Add:

⑥

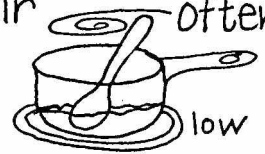
+



lemon rind

⑦

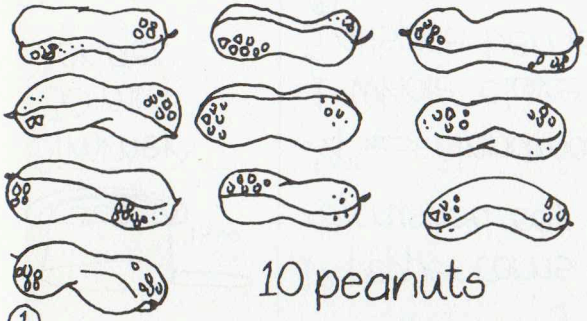
Stir often.



Cook 1 hour or til thick. serve warm or cold.

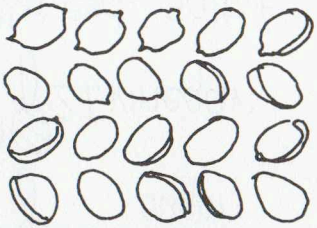
⑧ Yield → 1 c.

PEANUT BUTTER



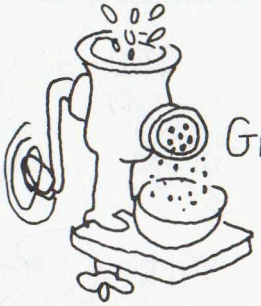
10 peanuts

1.



shell peanuts
(2 per shell)

2.

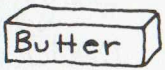


Grind

(meat grinder or flour mill)

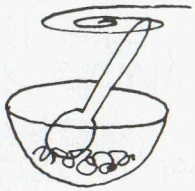
3.

Add:



1t.

4.



Stir

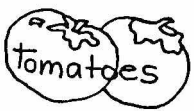
5.

Spread on cracker.

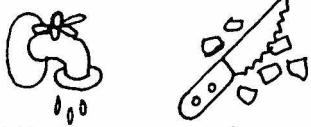
Good for stuffed celery.

6.

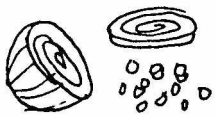
TOMATO KETCHUP



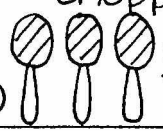
1¼ lbs.



① wash + cut

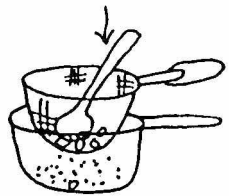


onion chopped

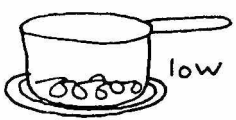


② 3T.

③ Cook slowly til soft. 15~20 min.



④ Press thru sieve.



⑤ Simmer 30 min. longer.

Add spice bag:

12 pepper corns

crushed bay leaf

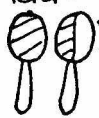
¼" cinnamon stick

1 whole clove

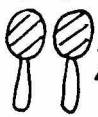
5 allspice berries

⑥ ⅛t. celery seeds

Add:



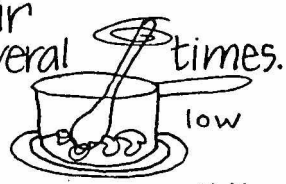
1½T. brown sugar



2T. vinegar

⑦ ¼t. each: salt + paprika

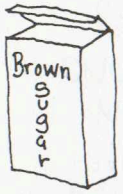
Stir several times.



Cook slowly 'til very thick. 40~60 min.

⑧ Cool + refrigerate. Yield → 1 c.

APPLE OATMEAL COOKIES



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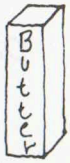

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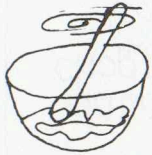


2t. 1t. Mix well.

①

beaten egg

1t.

②

Use 1T.

Flour Mixture
- 1¾ c. whole wheat pastry flour
- ¼ t. salt
- ½ t. cinnamon
- 2t. baking powder

③

1t.

④

2t. raisins

+

2t. nuts, chopped

⑤

shredded

1T.

⑥

Stir

⑦

buttered cooky sheet

Drop by spoonful.

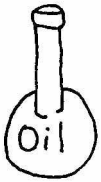
Bake 350°
12–15 min.
Cool on rack.

⑧

BANANA COOKIES

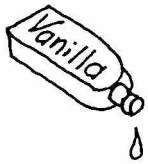
2T.

1.



2t.

2.



1 drop

3.

1T.

4.

2T.

5.

nuts
chopped

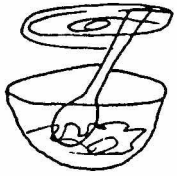
1t.

6.

dates
chopped

1T.

7.



Mix

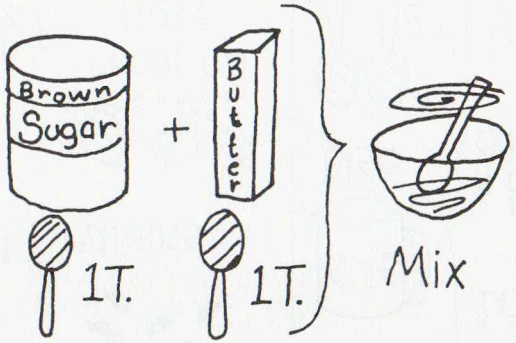
8.

Bake 375° 10~12 min.

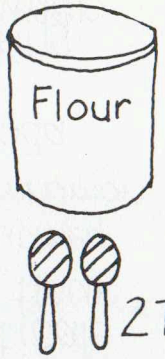
Cool on rack.

9.

BROWN SUGAR COOKIES

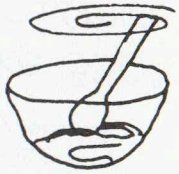


1.



2.

3.

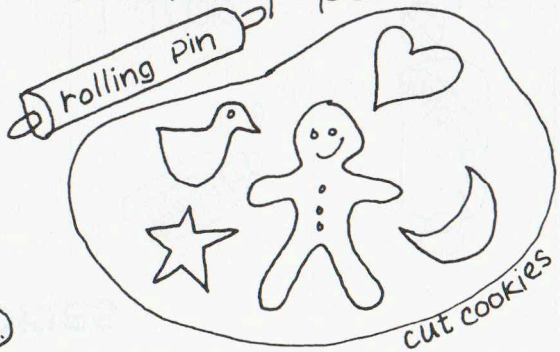


4.

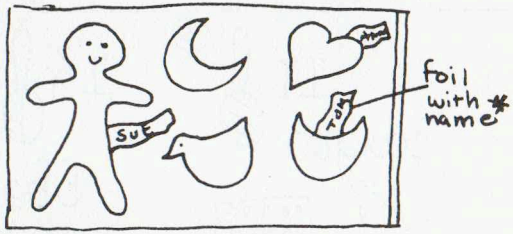
Press into a smooth ball.

5.

Roll on floured board under piece of wax paper:



6.



Bake on cooky sheet.
300°–8 min.

7.

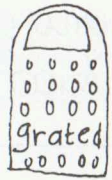
CARROT COOKIES

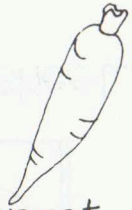
① ½T.

② 1 drop

③ 1T.

④ beaten egg ½T.



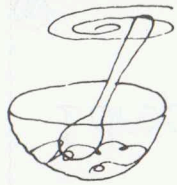


⑤ carrot 1T.

⑥ 1T. raisins + ½T. chopped nuts

⑦ Use 2T.

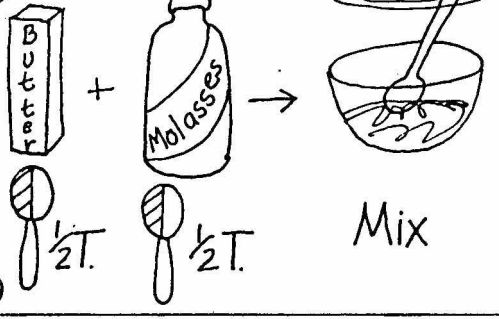
Flour Mixture
1c. Triticale flour *
¼t. each: nutmeg, cinnamon, soda
½t. baking powder



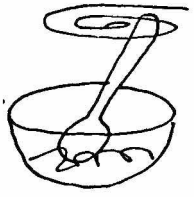
⑧ Mix

Drop by spoonful.
Bake 350°
10–12 min.
⑨ Cool on rack.

GINGERBREAD PEOPLE

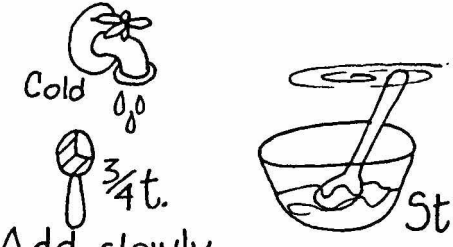


Flour Mixture
- 1½ c. whole wheat flour
- ½ t. ginger
- ¼ t. cinnamon
- ⅛ t. nutmeg



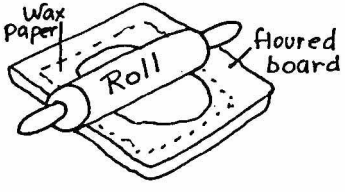
Stir

3



Add slowly,
only as much as needed.

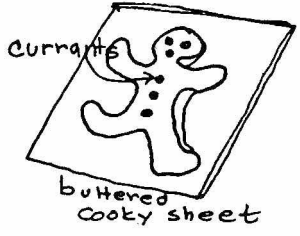
4



⅜" thick
Peel off paper.

5

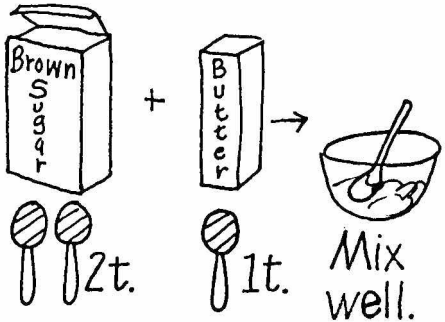
Cut out.



Bake 325°
6-8 min.
Cool on rack.

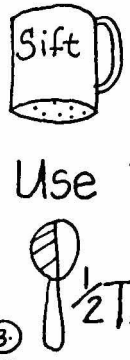
6

GRANOLA COOKIES

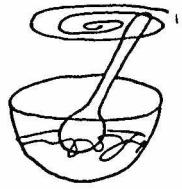


① Brown Sugar + Butter → Mix well.

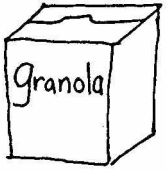
② beaten egg ½t.

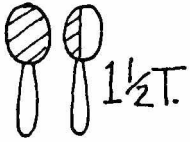


③ Sift Use ½T.
- Flour Mixture
- ½c. flour
- ½t. soda
- ½T. pumpkin pie spice

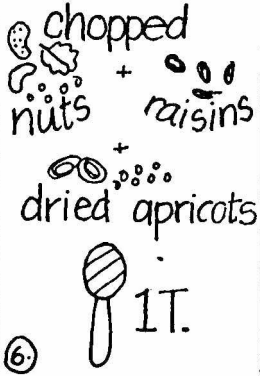


④ Mix well.

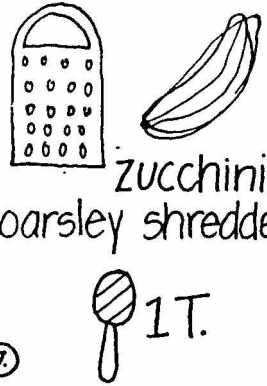




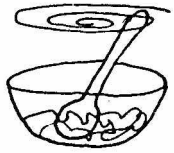
⑤ Granola 1½T.



⑥ chopped nuts + raisins + dried apricots 1T.



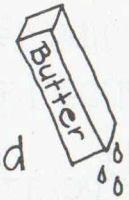
⑦ zucchini, coarsley shredded 1T.



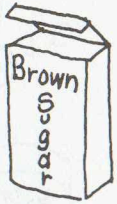
⑧ Stir~ Do not overmix.

⑨ Drop by spoonful. buttered cooky sheet. Bake 375° 8-10 min. Cool on rack.

OATMEAL SESAME CRISPS

1. melted 

2t.

2. 

1T.

3.
beaten egg
1t.

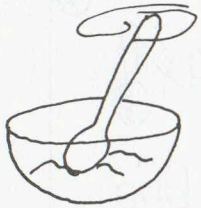
4.

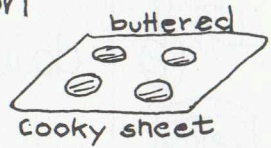
3T.

5.

⅛t.

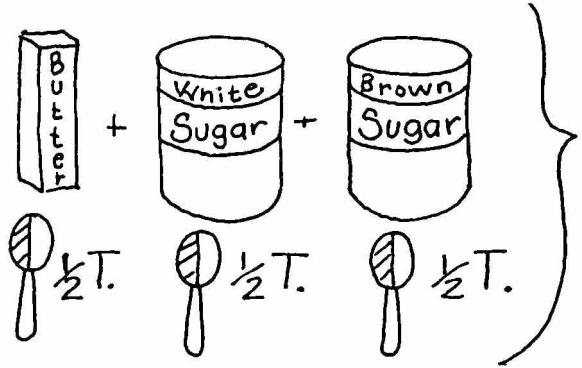
6.
Sesame Seeds
2t.

7. 
Mix thoroughly.

8. Make 4 cookies on


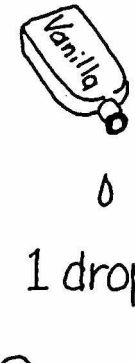
Flatten cookies.
Bake 8-10 min.
350°

PEANUT BUTTER COOKIES



① Mix well.

②

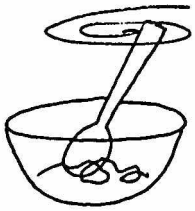


③

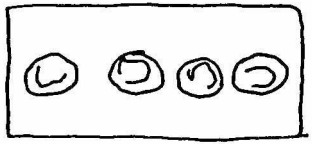
④

⑤ Use 1T. Flour Mixture
1c. sifted flour
1 t. soda
⅛t. salt

⑥ 1t.

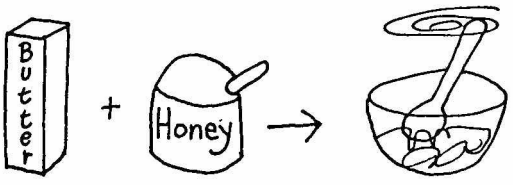


⑦ Mix



⑧ Put 4 mounds on cooky sheet.
Press flat with fingers.
Press crisscross on top with fork dipped in cold water. Bake 350° ~ 8 min.

PUMPKIN COOKIES



① ½T. 2t. Mix well.

② 1T.

Use

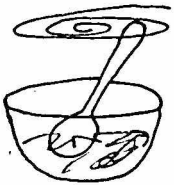
③ 1½T.

Flour Mixture
- ¾c. whole wheat flour
- ½t. soda
- ¼t. cloves
- ¼t. nutmeg
- ¼t. cinnamon

④ beaten egg ½t.

⑤ chopped nuts 1T.

⑥ ½T. raisins + ½T. dates chopped



⑦ Mix

⑧ Bake 350° 12 min. Cool on rack.

TRAIL MIX TREATS

① Butter + Honey → Mix well.
1t. ½T.

② beaten egg
½t.

③ Sift
Use 1T.

Flour Mixture
¾c. whole wheat flour
¼t. baking powder
⅛t. salt
1T. powdered milk

④ sunflower seeds 1t. + chopped peanuts 1t.

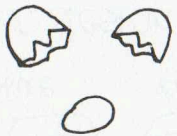
⑤ raisins ½T.

⑥ cara coa chips* 1t.

⑦ Mix

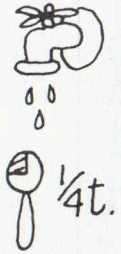
⑧ Drop by the spoonful.
Cooky sheet
Bake 375° 8~10 min.
Cool on rack.

EGG YOLK PAINT



1 egg yolk
(see pg. 194)

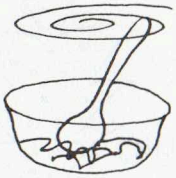
①



②

3 or 4 drops

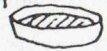
③



Mix
(enough for 25 cookies)

④

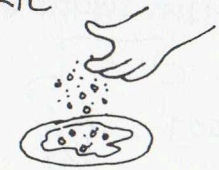
"Paint" cooky.



pill bottle lid

⑤

Sprinkle on:



cake decorations.
More ideas. →

⑥

EGG YOLK PAINT IDEAS

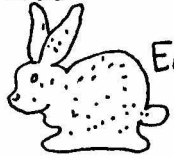
(For school: Have adult make cookies ahead or make dough ready for children to roll, cut, + decorate after baking.)

• Holidays ~ "Paint" + decorate Brown Sugar Cooky cut-outs.

Christmas

Valentine

Thanksgiving

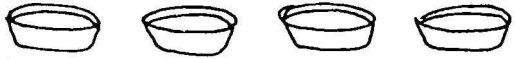


Easter

sprinkle rabbit with finely shredded coconut.

• Cooky Art

Mix a number of colors ~



blue red yellow green

Paint designs on:

brown sugar cookies.

• Birthdays

To celebrate child's birthday, parent brings cookies + 1 or 2 egg yolks + cake decorations. Children "paint", decorate birthday cookies.

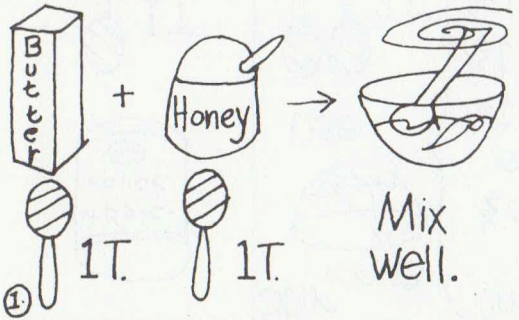
APPLESAUCE CUPCAKES

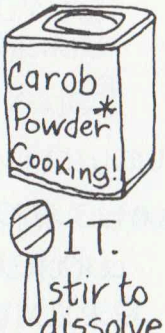
1. Brown Sugar + Butter — 2t. — 1t. — Mix well.
2. beaten egg — ¼t.
3. lemon rind
4. raisins — 1T.
5. chopped nuts — ½T.
6. Applesauce — 1T.
7. Stir — Use — 2T. — Graham Cracker Mixture: ½c. graham cracker crumbs; ¼t. cinnamon; ⅛t. nutmeg; ¾t. baking powder
8. Stir to mix.
9. Pour into 2 small lined muffin tins.*

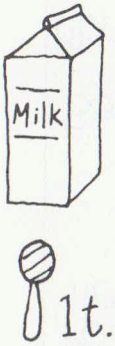
Bake 350°

about 15 min.

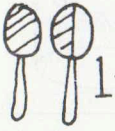
BROWNIES







Use

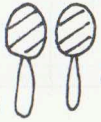


1½T.

- Flour Mixture
- ⅔c. whole wheat pastry flour*
- 1t. baking powder

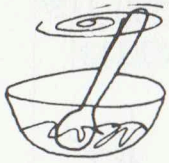
6.

chopped nuts



2T.

7.



Mix

8.

Bake in 2 small lined muffin tins.*

350° ~ 15 min.

9.

CARROT CUPCAKES

1T.

① beaten egg

2t.

② Oil

2t.

③

④ Stir to dissolve sugar.

Use

1½T.

⑤

Flour Mixture

1 c. whole wheat flour

½t. baking powder

½t. soda

1t. cinnamon

carrot

1½T.

⑥

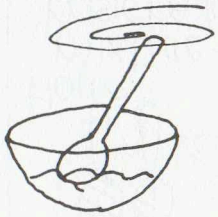
6 raisins

⑦

chopped nuts

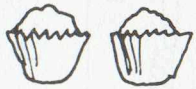
1t.

⑧



Stir

⑨



Bake in 2 small lined muffin tins.*

350° – 15 min.

⑩

CARROT CUPCAKES VARIATIONS

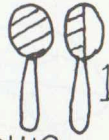
CARROT PINEAPPLE CUPCAKES

1 T. brown sugar
1 t. egg
2 t. oil
2 drops vanilla

stir until sugar is dissolved.

① p. 150

Add:



1½ T. flour mixture ~ basic recipe

②

carrot

1 T.

③

undrained crushed pineapple

½ T.

④

chopped nuts

½ T.

Mix. Bake as before.

⑤

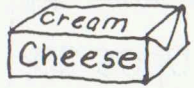
CARROT CAROB CUPCAKES

In basic recipe add:

½ T.

to sugar + egg + oil mixture.

Optional frosting:



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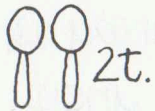


2t.

1t.

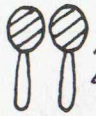
Blend, spread on.

GINGERBREAD

Mix well.

① ②

beaten egg



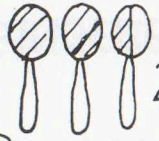
③

④

Stir

⑤

Add:



⑥

Flour Mixture

¾c. sifted whole wheat pastry flour*

½t. soda

½t. ginger

½t. cinnamon

Pour into 2 small lined muffin tins.*

Bake 350° ~15 min.

⑦

GINGERBREAD VARIATIONS

PUMPKIN GINGERBREAD

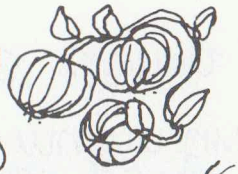
Use gingerbread flour mixture.

2 t. butter
2 t. brown sugar } cream

1 t. beaten egg
2 t. sour cream
½ T. molasses
½ T. pumpkin } Add
Stir to mix.
2½ T. flour mixture
⅛ t. grated orange rind } Add

Bake in lined muffin tins
350° ~ 15 min.

To Cook Fresh Pumpkin p. 152



① Cut in half.

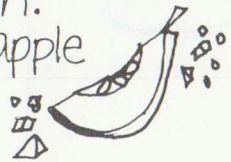
② Clean out seeds.

③ Place cut side down on cookie sheet.
Bake at 325°-50 minutes, or until tester goes in easily.
Press pulp through sieve.

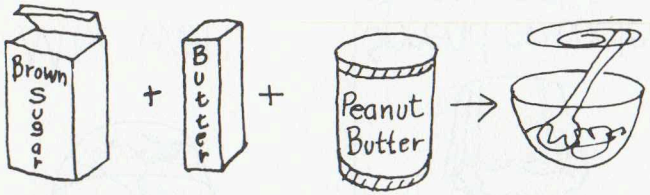
APPLE GINGERBREAD

Substitute for pumpkin:

½ T. finely chopped apple
(OR)
½ T. applesauce.



PEANUT BUTTER CUPCAKES



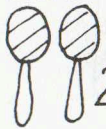
① 1T. 1t. ½T. Mix well.

② beaten egg ½T.

③ 1T.

④ 1 drop

Use



2T.

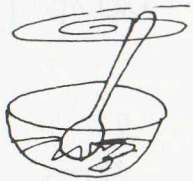
⑤ Flour Mixture

1 c. whole wheat pastry flour*

¼ t. salt

¼ t. cinnamon

½ T. baking powder



⑥ Mix well.

Bake in 2 small lined muffin tins.*

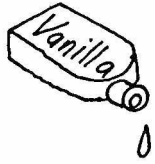
375° 10~12 min.

⑦ Frosting →

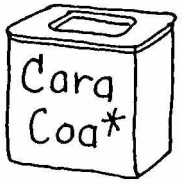
PEANUT BUTTER FROSTING

①
1t.

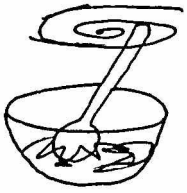
②
1t.

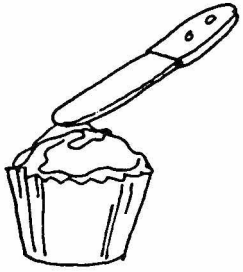
③ 

1 drop

④ 

¼t.

⑤ 
Mix well.

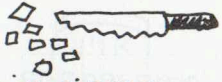
⑥ 
Spread on cooled cupcake.

·An extra~

Sprinkle chopped peanuts on top <u>before</u> baking or on top of frosted cupcakes.

APPLE PANDOWDY

Pare
Core

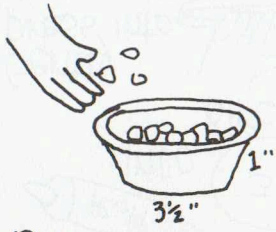


Cut in pieces
to make ½c.

1.

Dry apple pieces.

2.

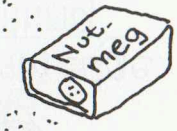


Put pieces in
mini-mold.*

3.

Add:

+



4.

2t.

5.

Crust:
make tart
dough p.101

into
circle.

Cut 3
slits.

6.

Place dough

on apple pieces

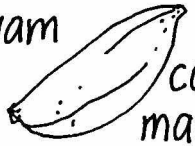
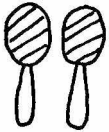
Bake 350°-20 min.

7.

Break crust into
apples. Serve warm.
Called Pandowdy for
"messed-up pie."

8.

SWEET POTATO PIE (or Pumpkin)

1. yam

cooked mashed

2T.

2.

1T.

3. soft

1t.

4.

beaten egg

1T.

5.

1T.

6.

1/8t.

Stir

7. Crust: make tart dough p. 101

into

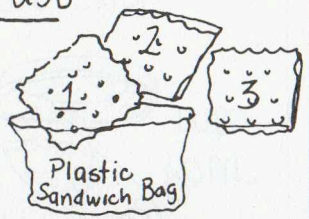
circle
Gently press into mini-mold.*

8.

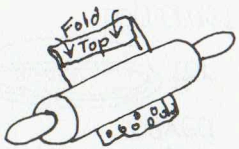
Trim edge.
Pour in filling.
Bake 400°
20-30 min.
Serve with whipped cream.

GRAHAM CRACKER APPLE PIE

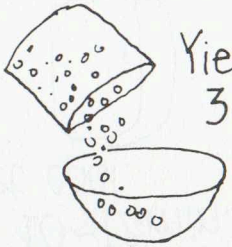
Crust



① Place graham crackers in bag.



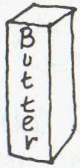
② Roll into crumbs.



Yield- 3T.

③ Empty into bowl.

Add:



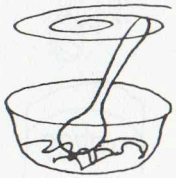
½ T.

④

toasted sesame seeds

1t.

⑤



Mix well.

⑥

• Save

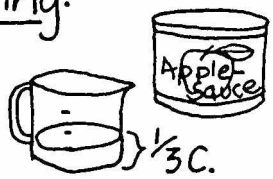
1 T. crumbs for top crust

Press rest of crumbs inside tart pan.

⑦ Ready for filling. →

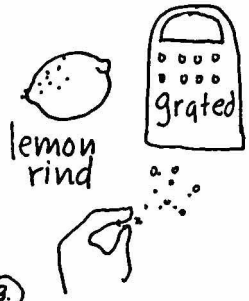
GRAHAM CRACKER APPLE PIE

Filling:



① applesauce

②



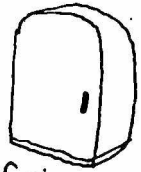
③

Mix well. ④

Pour into pie shell. ⑤

Sprinkle on crumbs saved for top crust. Pat in place lightly. ⑥

Bake 350° 10~12 min. Let cool.



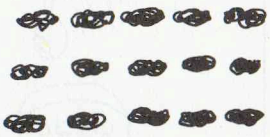
⑦ Refrigerate.

To serve, cut in wedges.

Eat plain or top with yogurt or ice cream.

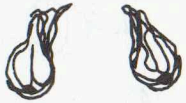
⑧

GOLD RUSH NUGGETS



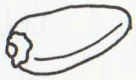
15
raisins

①



2
small dried
figlets

②

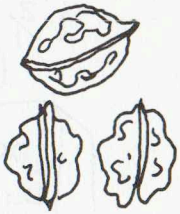


1
pitted date

③

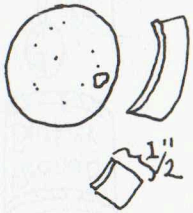
1
dried prune
pitted

④



1 walnut

⑤



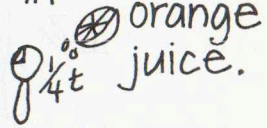
½" square
orange rind

⑥

Grind

⑦

Stir in



juice.

Form 4 balls.

① ② ③ ④

Roll in sugar.

⑧

PEANUT BUTTER CANDY

①

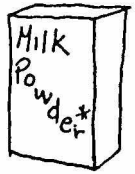
½ T.

②

½ T.

③

½ T.

④ 

½ T.

⑤

½ t.

⑥

½ T.

⑦
Mix well.
Form
① ② ③
balls.

⑧ Roll
in sesame seeds
or
coconut meal.*
Optional:
add ½ t.
raisins

APPLE FRITTERS

1T.

① beaten egg

1t. Stir in. ⑥

orange juice

½t.

②

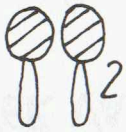
③

1 drop ④

unpeeled

finely chopped 1T. ⑤

Use



2T. ⑦

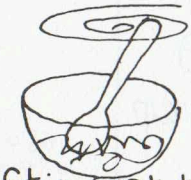
Flour Mixture

1 c. sifted flour

⅛ t. salt

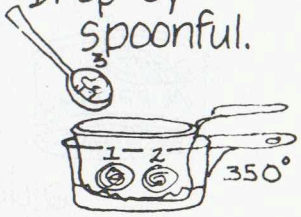
2T. sugar

½T. baking powder



Stir just to moisten all flour. ⑧

Drop by spoonful.



Fry about 3 min. Drain. ⑨

APPLE FRITTER VARIATIONS

In place of apple in step ⑤ add one of the following:

- Peach

chopped

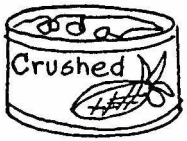
1T.

- Banana

1T.

- Pineapple

drained



1T.

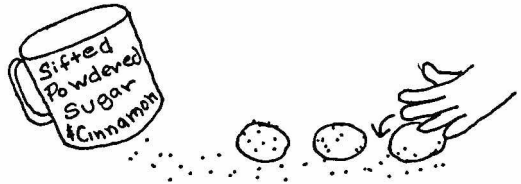
- Blueberry

Whole

1T.

- To serve all fritters:

Roll in



Eat warm.

APPLESAUCE (UNCOOKED)

Core ¼ apple.

①

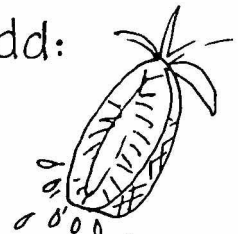
Cut into pieces.

②

Grind

③

Add:



pineapple juice

2t.

④

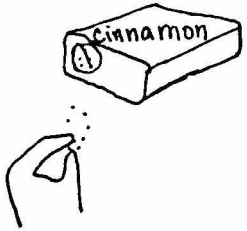
lemon juice

2 drops

⑤

¼t.

⑥



⑦

Stir, eat plain or add raisins, seeds, or chopped nuts.

⑧

APPLESAUCE (COOKED)

Core ¼ apple.

①

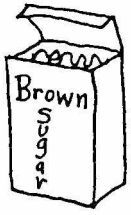
Cut into small pieces.

②

Add:

1 T.

③

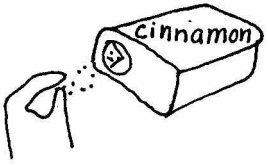


¼ t.

④

lemon juice 2 drops

+

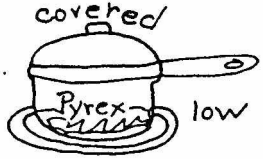


⑤

5 raisins

(optional)

⑥



Simmer til soft.

8~10 min.

⑦

Good

warm

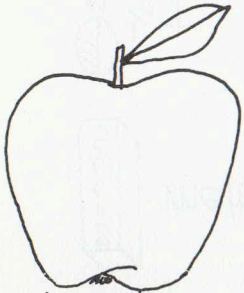
or

cold

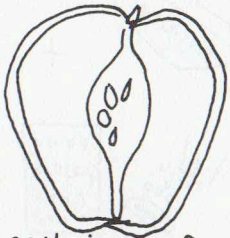
Try with yogurt or whipped cream.

⑧

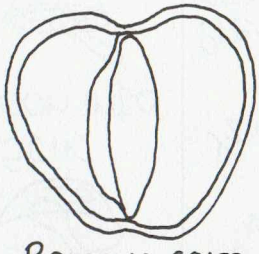
BAKED HALF APPLE



1 apple



① cut in half



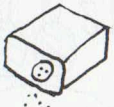
② Remove core

Place in buttered

mini-mold *

Add 1 T.

③



½t. ¼t.

Spread on top of apple

④

Bake 500°
12-15 min.
or
electric fry pan
400° 12-15 min.

⑤

Eat warm or cold.

Top with yogurt or ice cream!

⑥

Note:
If cooking with a group, apple halves may be prepared by children, put in buttered pan together.
Label with name on foil stuck on toothpick in apples.

BLUEBERRY COBBLER (or thinly sliced peaches or apples.) p.166

1. Flour — 2T.
2. Baking Powder — 1/8t.
3. Sugar — 1T.
4. beaten egg — 1t.
5. Milk — 1/2T.
6. Butter — melted — 1/2T.
7. grated + Vanilla — 1/8t.
8. Stir Spoon into buttered mini-mold.*
9. Top batter with 1/2 c. blueberries. Press some into batter.
10. Sprinkle with 1/2t. sugar + cinnamon. Bake 350° 25 min. Serve warm.

BROWN RICE PUDDING

1. cold cooked brown rice — 2T.
2. fresh or canned pineapple, chopped — 1T.
3. chopped dates — ½ T. (or raisins)
4. chopped nuts — ½ T.
5. Honey — ½ t.
6. Mix. Chill or eat right away. Good with yogurt + coconut.

COTTAGE CHEESE PUDDING

1.

2T.

2.

2T.

3.
beaten egg
1T.

4.

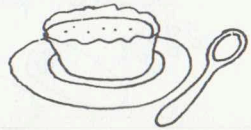
½ T.

5.
Mix well.

6.

into buttered custard cup.

7. Bake 350° til firm~ about 20 min.


Cool + eat.

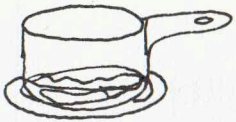
CUSTARD

beaten egg

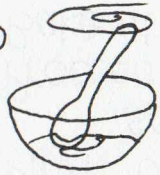
2T.

1.

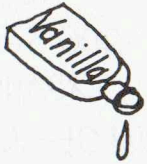
1/3c.



Heat milk. Add slowly to egg + stir.



2.

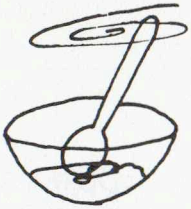


1 drop

3.

2t.

4.



Stir

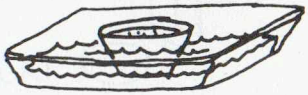
5.

Pour into buttered custard cup.

6.

Sprinkle on top.

7.



Place cup in pan of hot water.

Bake 350°–30 min. til silver knife comes out clean.

8.

CUSTARD VARIATIONS

- Peanut Butter Custard~

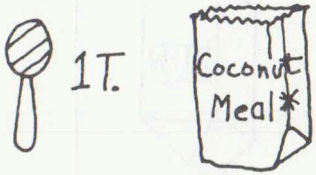
  Add:

- Cara Coa Custard~

  Add:

- Coconut Custard~

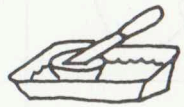
  Add:



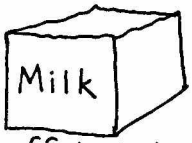
- PUMPKIN PUDDING~

  Pudim de Abobora, Brazil

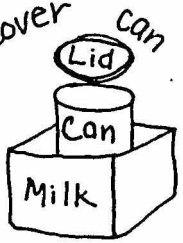
  1 T. egg, beaten
  3 T. milk
  2 t. honey
  2 T. pumpkin
  Pinch of orange rind, ginger, salt, cinnamon.
  Proceed as with custard.
  Bake at 350°-40 minutes or until silver knife comes out clean.



ICE CREAM



Cut off ½ gal. milk carton.
①

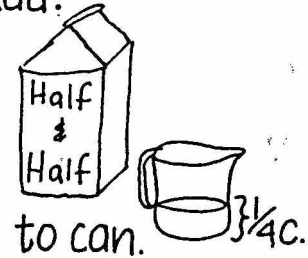


Put cold can in carton.
②

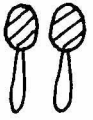
Fill carton around can with ice + rock salt.
(4 parts ice to 1 part salt)
③

Remove Lid

Add:



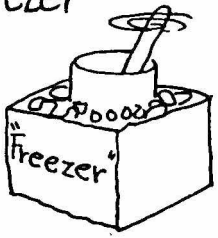
④ to can.



⑤

⑥

Stir in "freezer" 5–6 min.



- As ice melts, ice cream freezes.

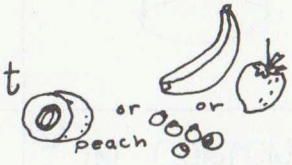
Watch frost form on can + carton.
⑦

ICE CREAM VARIATIONS

- Add one:

1T. beaten egg *

1T. cara coa* chips or powder *

1T. mashed fruit 

½T. granola

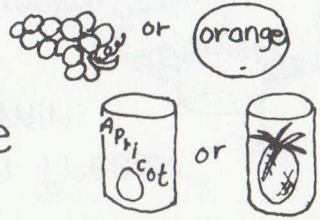
1T.

1t. toasted nuts, seeds - or coconut *

Other additions:

½T. frozen juice (concentrate)

or

or 1½T. canned juice 

Substitute:

1 part milk to 3 parts half & half

yogurt for all or part half & half

molasses or pure maple syrup for sugar.

Omit sugar ~ drizzle honey on top when frozen.

- Group idea: each child makes single portion for manual freezer, takes turn at crank.

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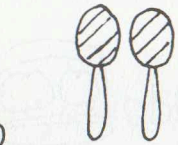
PRUNE WHIP

1. Prunes cooked and pureed



2T.

2.
lemon

1/8 t.

3.

1/2 t.

4.
chopped nuts

1/2 t.

5.
whipped cream*

1T.

6. Fold cream in

gently.

7. Serve cold.

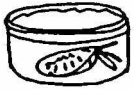
MORE DESSERT WHIPS

In place of prunes try:

bananas

berries

peaches

crushed pineapple 

applesauce

Canned Baby Food

In place of whipped cream, try Yogurt.

ASIAN DESSERT

p. 174

1T. mashed banana

1T. whipped cream *

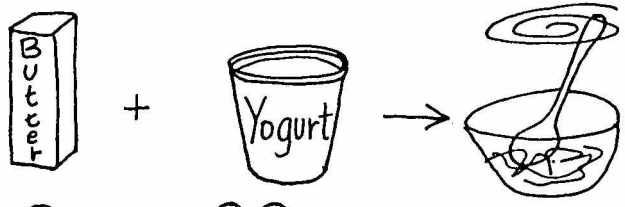
1T. marshmallows finely cut

2t. cut dates

1t. chopped nuts

Mix gently. Top with 1t. graham cracker crumbs

PASHKA (Russian Easter dessert)



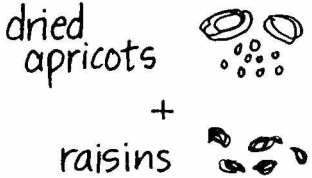
1.

2.

3.

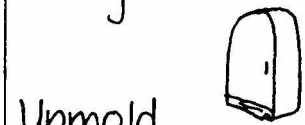
4.

5.



6.

7.

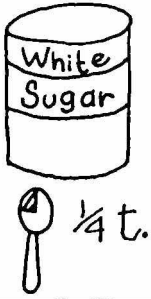


8.

TEEM GOK 食

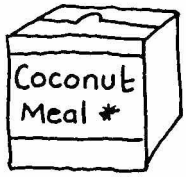
¼ t.

1.



¼ t.

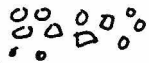
2.



¼ t.

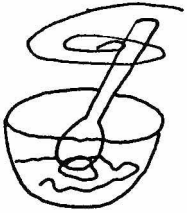
3.

2 peanuts



chopped

4.

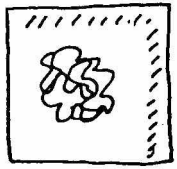


Mix

5.

Put mixture on Won Ton skin.

6.



Moisten 2 edges with water.

Fold into triangle.

Press edges together.

7.

Fry 1 min. each side.

Drain.

Eat warm.

8.

TRAIL MIX

Peanuts, chopped

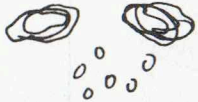
½t.

①

sunflower seeds

½t.

②



dried apricots, chopped

½t.

③

soy nuts, chopped

½t.

④

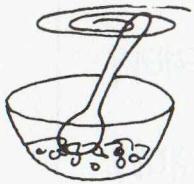
6 raisins

⑤

pumpkin seeds, chopped

½t.

⑥



Mix and eat.

⑦

- Good to add:
  - cara coa chips *
  - coconut chips
- Try other dried fruits + nuts

⑧ see ideas →

CAMPING AT SCHOOL

Set up a camping environment:

knap sacks

lanterns

fishing pole

coleman stove

camp table

pots

sleeping-bags

flash lights

hiking boots

Make Trail Mix or Sourdough Twists

Make "Nature Collages".

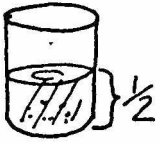
Play "Wild Life Lotto".

Tell "I'm Going on a Bear Hunt."

Bring in books, pictures of camping.

ALFALFA FARM

Day 1:



Soak ¼ t. alfalfa seeds* overnight in small bottle of warm water.

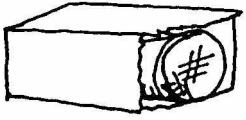
①

Day 1:

Drain. Cover top with cheese cloth secured with a rubber band.

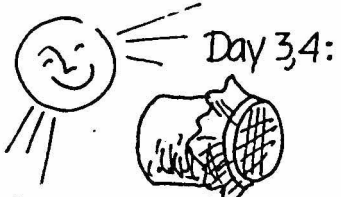
②

Day 1,2,3:



Put bottle on its side in open paper bag. Rinse 3 times a day. Drain well.

③



Day 3,4:

3rd day: expose to light to develop chlorophyll.

4th day: store in covered container in refrigerator.

④

Uses:

1:

or

+ sprouts

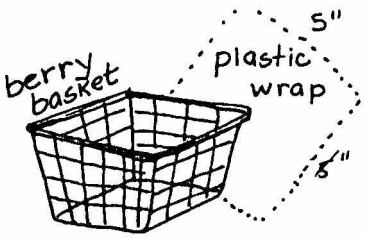
Spread on:

or

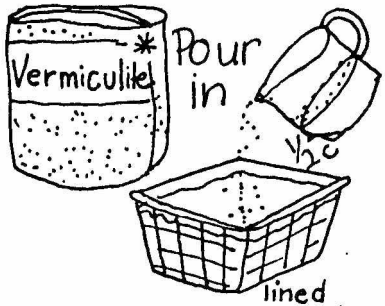
= sandwich

2: Good on tomatoes or scrambled eggs or stuffed celery

LIVING EASTER BASKET



① Line basket with plastic wrap.

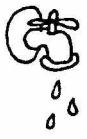


②

P. 180

Sprinkle on top.

③

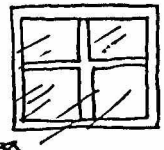


Water only once.

(til water shows under berries.)

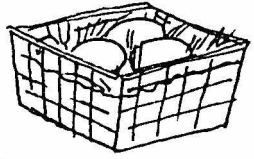
④

Place near light.



Cover 1~2 days~then ⑤ remove cover.

Start 1 week before Easter. (5~7 days.)

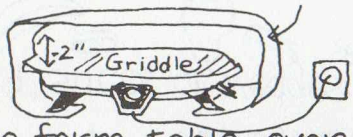


Hide eggs in ⑥ "wheatberry grass."

FOOD DEHYDRATOR BUILD ONE!

Drying Rack

Bend 3'x1' piece of hardware cloth*

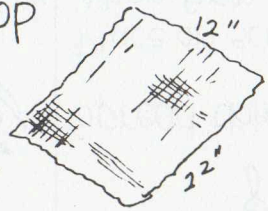


to form table over heating unit.

①

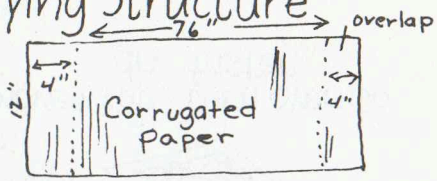
Drying Screen

Cut fiberglass screen* to cover top of hardware cloth table.

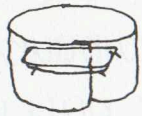


②

Drying Structure

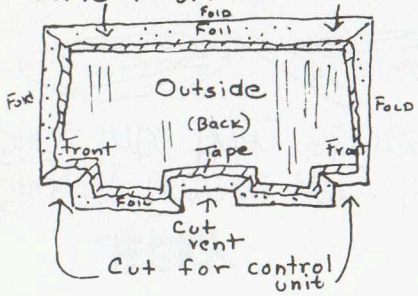


Cut to fit around drying rack in ①



③

Line with foil.

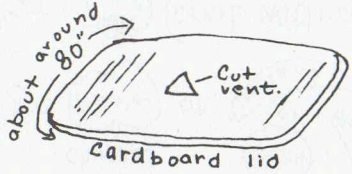


④ Tape over edges.

Place around heating unit. Clip together.

⑤

Cut lid to cover top.



Turn control to 95~100°

⑥ Ready to dry.→

DRIED FOOD TREATS 24~48 hrs. 95°~100° (Store in closed jars)

JERKY

Slightly freeze very lean meat.
Slice into thin strips.

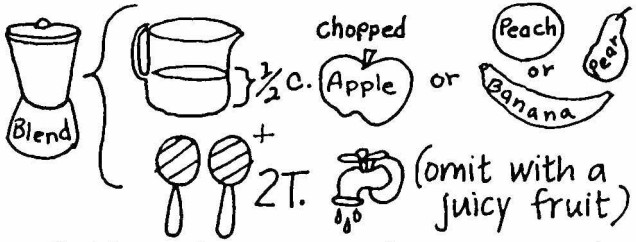
Place on fiberglass screen.

FRUIT ~ VEGETABLES

¼" slices or wedges:

Place on fiberglass screen.

FRUIT LEATHER



Optional: lemon rind, ¼ t. honey, cinnamon

Spread thin on plastic wrap.

Place on screen.
When firm, remove wrap, turn over to dry faster.

Variations:
Blend in 2T. peanut butter or
Stir in ½ T. sesame seeds.

CAROB FUDGE ("cooked" in dehydrator)

½T.

1.

½T.

2.

⅛t.

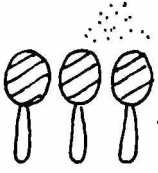
3.

1t.

4.

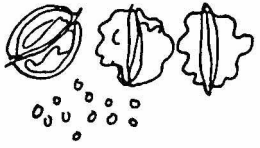
Finely ground

sunflower seeds + sesame seeds

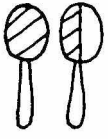


3T.

5.



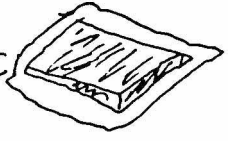
chopped walnuts



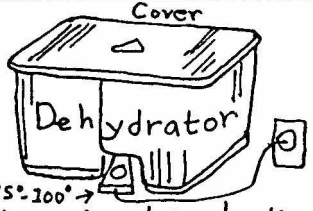
1½T.

6.

Mix well. (wet fingers) Pat ½" thick on plastic wrap.



7.



Place in dehydrator 2 days. When firm, peel off plastic,

8. turn over.

DEHYDRATOR COOKIES

Basic Mixture
6 T. oil
⅓ c. honey
2 large, unpeeled chopped apples
1 t. vanilla

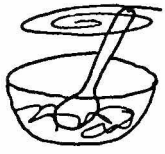
① use 1½T.

② sunflower seeds ½T.

③ raisins ½T.

④ chopped nuts ½T.

⑤ 1½T.

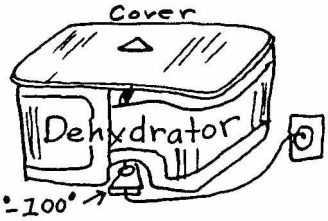


Mix

⑥ Let stand 30~60 min.

Drop by spoonful onto fiberglass screen

⑦ in dehydrator. (Plastic wrap not needed.)



⑧ Dry 24~48 hrs. Turn cookies to speed drying.

METRIC CONVERSION FACTORS

Volume

- 1t. (teaspoon) = 5ml (millilitres)
  - 1/16 t. or pinch = .3 ml
  - 1/8 t. = .6 ml
  - 1/4 t. = 1.2 ml
  - 1/2 t. = 2.5 ml
- 1T. (Tablespoon) = 15 ml (millilitres)
  - 1/2 T. = 7.5 ml

- 1c. (cup) = 240 ml (millilitres)
  - 1/4 c. = 60 ml
  - 1/3 c. = 80 ml
  - 1/2 c. = 120 ml

Length:

1" (inch) = 2.45 cm (centimetres)

MORE METRIC INFORMATION

Weight

1 oz. (ounce) =

grams

1 lb. (pound) =

kilograms

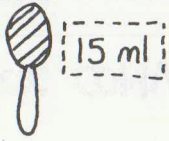
Temperature

p. 186

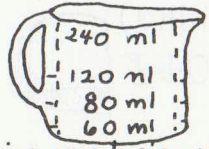
°F (Fahrenheit) – subtract 32 then multiply by 5/9 to find °C (Celcius)

350°F = 176°C ; 375°F = 190°C ; 400°F = 204°C

- Any recipe can be easily put into metric by substituting equivalents given on p. 185.
- Instant metric book: write metric equivalents on small pres-a-ply labels, apply over the standard measurements in recipes.



- Make your own metric tools: label spoons, cups, containers in metric by using permanent marker on white mystic tape.



- When cooking in metric with children, use only metric terms.

BROWN RICE BURGERS

p.187

1. cooked brown rice — 30 ml
2. grated carrot — 30 ml
3. chopped onion — .6 ml
4. parsley, minced — 5 ml
5. Salt, Pepper
6. Whole Wheat Flour — 5 ml
7. beaten egg — 7.5 ml
8. Mix. Shape 2 patties.
9. Press flat. Well oiled griddle. 190°C. Bake 2 min. per side. Eat hot or cold.

THREE BEAR PORRIDGE (with 3 grains)

p.188

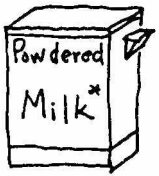
1.
oats
15ml

2.
wheat
15ml

3.
buckwheat
15ml

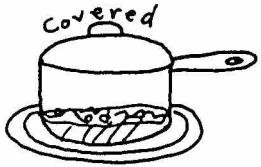
4.
sunflower seeds
5ml

5.
15ml raisins
+
15ml apple, chopped

6. 

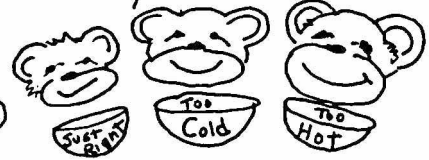
15ml

7.
120 ml
Stir in.

8. 

Turn down when bubbles.
Simmer 15 min.

9. Stir in 2.5 ml

Eat while warm ~ "just right" like Baby Bear's.


WHAT IT MEANS

= pinch

t. = teaspoon

T. = Tablespoon

* = information

△ = note this page

= 1 drop

→ = next page

= water

C. = cup

WHAT EQUALS WHAT

60 = 1t.

3t. = 1T.

2 T. = 1/8 c.

4T. = 1/4 c.

5T. + 1t. = 1/3 c.

8T. = 1/2 c.

16T. = 1c.

1oz. = 2T.

8oz. = 1c.

1lb. = 2c.

2 c. = 1 pint

4c. = 1 quart

WHAT EQUALS WHAT~ FOOD

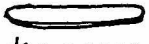
- 1 egg = 3~4T.
- ¼ lb. nuts = 1c. chopped
- 1 apple or 1 zucchini or 1 carrot = 1c. grated
- 1c. rice or 1c. beans or 1c. macaroni = 2~3c. cooked
- 1 orange = 6~8 T. juice
- 1 lemon = 3T. juice
- orange rind = 1T. grated
- lemon rind = 2t. grated
- 1 banana = ⅓c. mashed
- 1 green onion = 1T. chopped
- 1 corn = ½c. kernels
- 1 lb. cheese = 4c. grated p.190
- 1 lb. Flour = 4c.
- 1 lb. Sugar = 2c.
- 1 lb Brown Sugar = 2¾c.
- 1 envelope dry yeast = 1T.

COOKING TOOLS

Cooking tools have been shown pictorially throughout the book.

•Useful Tools:

margarine tub~ mixing + serving

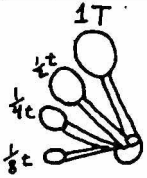


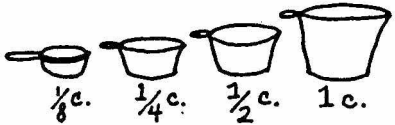
tongue blade~ stirrers, levelers

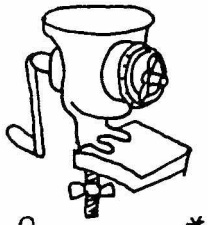
salad fork~ cut in

plastic pitchers

clear plastic measuring cup~ mark with colored tape~ child measures "up to the line."







small wire whisk

Tortilla Press * $3.95~Mexican + Cookware shops

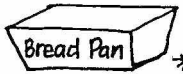
Timer

Eye dropper~ for drops

flour mill* (health stores~ $15.00)

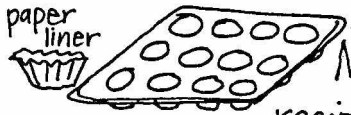
COOKING TOOLS

E~Z Foil *
Coppertone
mini~mold
(10~.69, chain stores)
~reusable~



*

4½" x 2" x 1" or 1½"
4 for 1.00 Discount Stores
.40 each ~
Cookware Shops

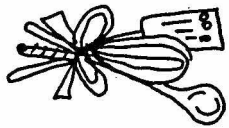


*

Muffin tins:
recipes proportioned for 2 paper-lined 1¾" tins or one 2½" tins. If you do not use liners, butter tins, fill ⅔ full.

KITCHEN SHOWER

To equip classroom cooking center, hold a "kitchen shower": children prepare lunch, invited mothers bring shower gifts chosen from list sent home by teacher.



SUPPLIES ~ SUBSTITUTIONS

*Alfalfa seeds: (health store)

Apples: Golden Delicious ideal all purposes ~ do not turn brown, cook quickly. Red apples unpeeled make pink applesauce.

Beans: for dried, cooked use canned (drain, rinse).

*Bonita: similar to tuna.

*Bran flakes: (health store) or use whole grain bran cereal but not cereal flakes.

*Bulgarian Culture: (health store)

Butter: margarine, oil.

Buttermilk: 1 T. lemon juice or vinegar + 1 c. milk (let stand 10 min.)

*Cara Coa: (health store) substitute equal amount cocoa or chocolate. Substitute chocolate chips for *Cara Coa Chips.

*Coconut meal: (health store) finely ground, unsweetened. Or use fresh.

Flour: unbleached white

stone ground whole wheat (use as ½ any flour mixture specifying flour)

*whole wheat pastry (health store ~ substitute sifted whole wheat)

*Triticale (health store) wheat and rye, substitute whole wheat.

- Buy freshly ground, refrigerate.
- Enrich flour: add 1 T. soy flour, 1 T. milk powder, 1 t. wheat germ to each cup flour before measuring.

*Fiberglass screen, *Hardware cloth: hardware or building supply co.

Ginger: use fresh in Asian recipes. Let children grate, smell ~ use in smell jars.

Ground beef: lean, freshly ground ~ extend with ground turkey, soy grits, tofu.

Milk: 4 T. milk powder + 1 c. water or ½ c. evaporated milk + ½ c. water.

*Non instant milk powder: (health store) sweeter, more flavor, superior for baking, essential for yogurt.

*Sesame Tahini: (health store)

*Sourdough starter: borrow, use pkg. starter, or see cook books how to make with or without yeast.

Sugar: cut down amount specified. Use ½ brown or date sugar. Use ⅔ as much honey as sugar.

*Tofu: soybean curd. To drain, place on folded towel or in colander in refrigerator 2 hrs. or overnight. Or squeeze out moisture by lightly pressing on folded towel.

*Turkey: frozen ground patties.

*Vermiculite: (plant nurseries)

*Wheat berries: (health store)

*Whipped cream: 1 T. whip cream + ¼ t. pow. sugar + ½ T. non-instant milk powder + ⅛ t. vanilla.

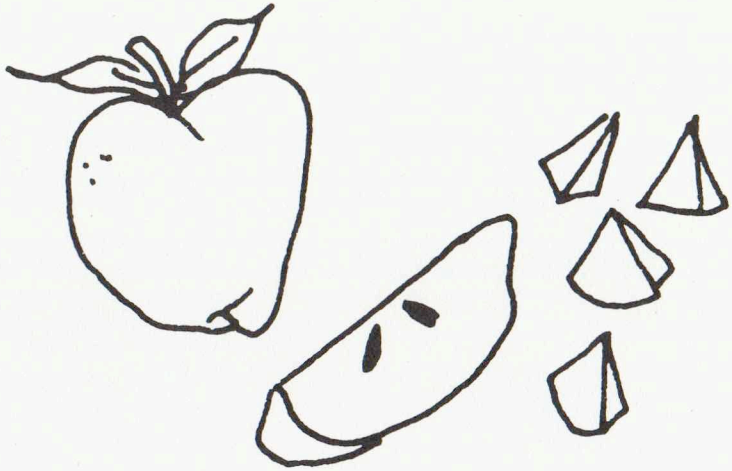
*Won Ton wrappers: (Oriental chain stores) 60 per pkg.

- Use fresh fruits, vegetables in season. You can buy good ingredients (pure + free of additives) in bulk at health stores. Take containers to cut costs.

HELPFUL HINTS

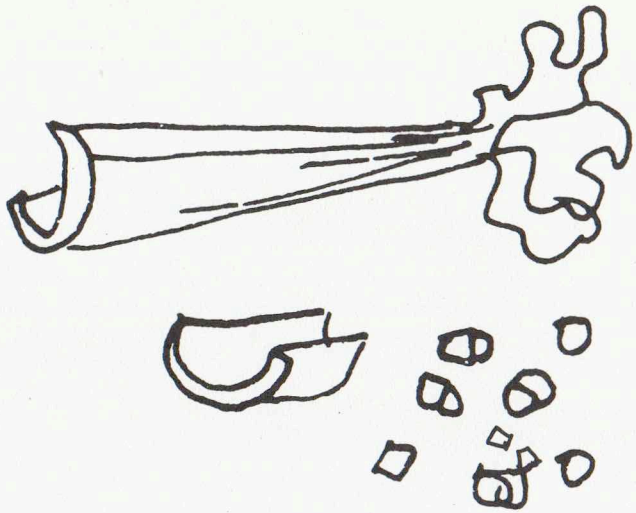
Baking hint: to keep from browning too quickly on the bottom, pre-heat 25° higher, turn down.
Buttered pans: do not use oils as breads may stick.
Control amounts: use prescription bottles + lids for syrup + honey, butter at eating table.
Deep fry: add 1t. salt to each 2c. oil to cut spitting. Turn when first rise to surface. Clean particles off top. Drain on racks, transfer to paper towels. Use correct temperature - do not overcrowd. Lower the temperature 25° for wok.
Egg: beat well with 1t. water for easier measuring.
Raw egg: use fresh, undamaged eggs. Eggs cracked during delivery may contain germs.
Flour mill: use to grind corn into cornmeal, rolled oats into oatmeal flour. Corn meal is heavy for cooking - use only small portion in recipe. Oatmeal flour is good in Irish Soda bread in place of whole wheat flour.
Group idea: each child measures single portion, adds it to community pan (3 Bear Porridge, Granola, Apple-sauce, Barley Soup, Veg. Soup, Veg. Confetti).
Ingredients: keep containers fairly full for easier measuring. Combine liquids as well as dry ingredients to cut steps for young.
Kneading: lightly oil fingers.
Liners: use paper baking cups in muffin tins. (Fold to fit 1¾" - do not trim.) Line cooky sheets with foil (butter if specified), wipe off, re-use.
Measuring spoons: bend handles on metal spoons so child can measure liquid easily.
Pre-heat: oven, electrical appliances.
Rolling: lightly flour board, cover dough with plastic or wax paper, roll gently. Lift paper to flour lightly once, if necessary.
School idea - Pizza: each child brings own toppings. Salad: each brings fruit. Soup: each brings a veg.
Shaping: lightly oil or wet fingers, to shape patties, use spoon to shape balls.
Shiny crust: brush bread, rolls with butter when removing from oven.
Sifting: sift flour before measuring. Single sifter or sieve easiest for whole wheat flour, dry ingredients.
Test if done: insert tooth pick in baked goods, silver knife in custard - if comes out clean they're done. Bread is done if sounds hollow when tapped on bottom.
Test runs: advisable, as flours vary in absorption.
To each his own: use foil name tags for baked goods.

ENLARGED STEPS FOR APPLE SALAD (from Recipe Step Book)



¼ apple-cut

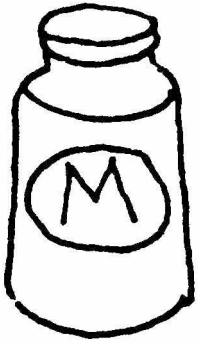
①



Small piece celery

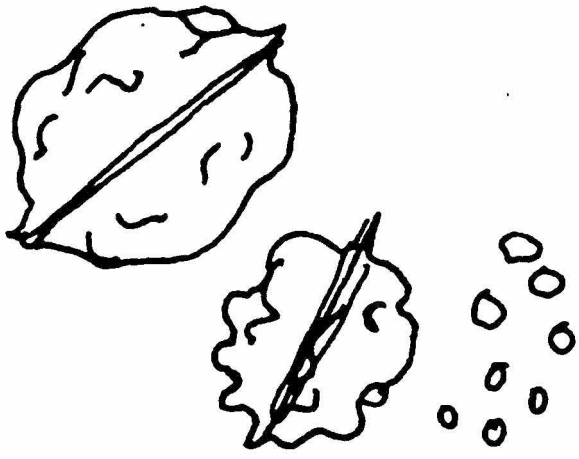
② cut

5 raisins

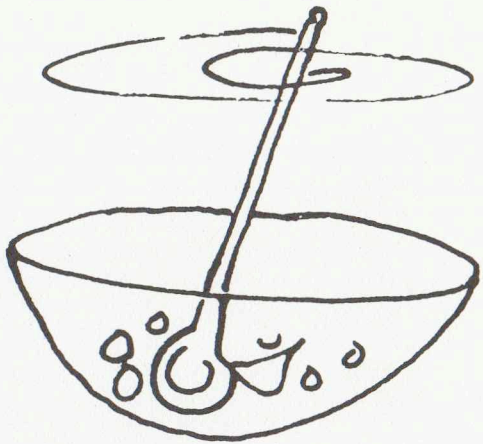


1t.

④ mayonnaise



1 walnut - broken up



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